

QUICK SETTINGS — MATCH THE SHOT TO THE SETUP

SHOOTING GOAL	RESOLUTION	FRAME RATE	LENS / FOV	PROTUNE SETTINGS
Film Look	5.3K (8:7)	24fps	Linear	GP-Log, 10-bit, Shutter 1/48s
Slow Motion	4K	120fps	Wide	Flat Color, Shutter 1/240s
Vlogging	4K	30fps	Linear + Horizon Lock	Natural Color, Sharpness Low
High Action	5.3K	60fps	SuperView	HyperSmooth Boost, ISO Max 400
Travel Montage	5.3K (8:7)	30fps	Wide	GP-Log, Bitrate High

THE 180° SHUTTER RULE

Shutter speed = 2 × frame rate

24fps → 1/48s | 30fps → 1/60s | 60fps → 1/120s | 120fps → 1/240s

Natural motion blur is what makes footage read as filmed instead of captured. Outdoors in sun you cannot hold 1/48s without ND — that's why the filter guide below is not optional.

THE THREE SETTINGS MOST PEOPLE LEAVE WRONG

SHARPNESS

LOW

High adds in-camera digital sharpening. Halos and a "video-y" texture no grade can remove. Sharpen in post where you control it.

WHITE BALANCE

NEVER AUTO

Lock a Kelvin value. Auto WB drifts mid-shot and turns your grade into a frame-by-frame repair job.

ISO MIN / MAX

100 / 100

With ND filters attached. A wandering ISO makes GP-Log's lifted shadow noise visibly worse.

White balance presets: **5500K** daylight · **3200K** tungsten · **7500K** heavy overcast

ND FILTER GUIDE — OUTDOOR EXPOSURE

CONDITIONS	FILTER	NOTES
Overcast / shade	ND8	Light cut, minimal exposure change
Partial cloud	ND16 – ND32	Most common working range
Full sun	ND32 – ND64	Needed to hold 1/48s at 24fps

Hero 13 auto-detects HB-Series NDs and can suggest the correct strength or switch to Auto 180° shutter. Cheap ND sets introduce color casts you'll fight for the entire grade — a decent set runs \$60–120.

THE OVERHEATING FIX NOBODY MENTIONS

Contacto Magnetic Door + No Battery + USB-C Power Bank

On a tripod or locked-off mount: swap in GoPro's Contacto door, pull the internal battery, run power from any USB-C source. Without the battery charging and discharging inside the body, heat generation drops significantly and you can record for hours.

Moving shots: this doesn't work. Open door + cable = snag hazard and a weather-sealing problem. Carry batteries and accept the rotation. Pair with GoPro Labs firmware for higher bitrates and USB power management options.

AUDIO SETUP – DUAL SOURCE

VOICE

Wireless

Hero 13 pairs directly over Bluetooth (DJI Mic 2 works cable-free). For controlled scenes, use the Media Mod with a Rode VideoMicro or Wireless Go for zero latency.

AMBIENCE

Internal mics on Standard

Wind, environment, room tone. Blend in post. The ambience track saves you when the wireless hiccups. Windshield is mandatory outdoors.

Bluetooth latency is real. Clap once on camera before every wireless take – an unambiguous sync point beats guessing in the edit.

COLOR GRADING PIPELINE – NORMALIZE BEFORE YOU STYLIZE

1 CST GP-Log → Rec.709	2 Exposure Fix 2-stop under	3 Balance Kill green cast	4 Saturation 10-bit holds it	5 Creative LUT / film emulation	6 Texture Grain + vignette
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Fine 35mm grain over GoPro footage hides small-sensor digital noise – it turns a technical tell into a texture choice. Single highest-leverage grading trick for this camera.

POST WORKFLOW – DON'T LET 5.3K HEVC BREAK YOUR MACHINE

- ☐ **Proxies first.** Generate low-res proxies in Premiere or Resolve; software swaps in full originals on export.
- ☐ **Transcode to ProRes** if proxies still stutter – 256GB of HEVC can bloat past 1TB.
- ☐ **Windows gotcha:** some Premiere setups need the HEVC codec extension or GoPro Quik to transcode.
- ☐ **Under 16GB RAM or spinning drive?** Proxies are not optional.

BEFORE YOU ROLL – FIELD CHECKLIST

- ☐ Protune ON · Sharpness LOW · WB locked · ISO 100/100
- ☐ Shutter at 2× frame rate · ND attached for exterior
- ☐ Two spare batteries minimum · ND pack · windshield
- ☐ Lock-off shot over 20 min? Contacto door + power bank
- ☐ Wireless audio on? Clap once on camera before take one
- ☐ Red light confirmed before every take