

# Sony Alpha 7iii Quick Guide

[Camera may turn off when it overheats. VERY IMPORTANT!  
KEEP CHECKING THE RED RECORDING ICON ON SCREEN!  
IF THIS HAPPENS, WAIT A MOMENT AND TURN BACK ON.]

## General Settings:

Go to Menu

Go to Menu 2 or 'Movie 1,' it is purple.

-Make sure the **File Format in Menu 2 is XVACS HD**

- Record setting: **24P 50M**

-Audio Recording: **On**

-Audio Display level: **On**

-Steady shot: **On**

Generally you should keep the wheel next to the eyepiece set on 'M.'

## Focus:

Look for the **Fn button** that is to the right of the display, on the camera body facing you, above the DISP wheel. Set the focus mode to **DMF** and the focus area to **Wide**.

When focusing in DMF you can use the **AF-ON** button to be more precise. When you hit the button you will see a rectangle/series of marks on the display that turn green when you are in focus. The larger button below AF-ON is also a focus aid. Sometimes you need to push it several times to focus. You will see the rectangle in the middle turn green which indicates that the camera has found focus.

## Peaking:

Most of 'Menu 1' is for still photography, except for Peaking (page 13). You can select between low, mid or high, or off. You will now see bright yellow beads on your screen, these can be helpful because they tell you what parts of the image are in focus.

## White Balance:

**Set white balance to auto**, or choose daylight, etc. Or set manually...

To set white balance manually, push **C1**, or **Fn and navigate to white balance**, scroll down and press 'Set.' Follow instructions on the screen, press the center DISP button down when the camera is pointed at your white card. The camera will click. You will now register a custom white balance. Scroll left/right through 1, 2 and 3. Overwrite any of them to be your new custom white balance.

## Exposure:

**To set the f stop:** turn the wheel closest to the lens, right beyond the on/off button.

**Shutter Speed:** change with the wheel right above AF-ON. It is best to keep shutter speed at 1/50th, unless you are shooting outside under very bright light. In that case bring the ISO all the way down to 100, and you may need to shoot at a very high shutter speed. You can experiment.

(You can also put the camera on 'Movie Mode' which will set the exposure and shutter speed automatically, and you can set the ISO to automatic.)

(Remember that the smaller the aperture (higher f-stop number) the more of the image will be in focus.)

## ISO:

Press **Fn** then find ISO. When you press ISO you will be able to scroll up and down.

(You don't want to shoot with an ISO over 3200 if possible, otherwise you will have noticeable grain. Better to slightly underexpose than over expose.)

**Audio:**

To change the Audio Recording Level the camera must be in "Movie Mode." Enter the Menu and navigate to the purple movie tab. Move right onto page 2/9 and scroll down to Audio Rec Level. Change the audio level while monitoring using the on-screen display and listening in your headphones.

Now change back into Manual mode (this way you have full control over exposure and focus). The audio level will remain how you set it in movie mode.

(In Manual mode you will only see the audio level display when you are recording)

(If you are using a Rode mic, make sure it is plugged in and turned on. Set the db switch - under the on/off switch - to 0)

**Format:**

To format the card, go into the Menu and navigate to the 'suitcase' icon for settings. Scroll to page 5. Scroll down to Format, select the slot your card is in (either 1 or 2)

(You should format the SD card when you first check out your equipment, before you begin to shoot... and you need to save your media before you check the gear back in, because the next person is going to format the card!)