

Nikon Z7 Settings

10.05.2018

## **PLAYBACK MENU**

Delete

Playback folder – ALL

Playback display options > Additional photo info > Highlights

Shooting data

Overview

None

Image review - OFF

After delete > Continue as before

After burst, show > First image in burst

Rotate tall – OFF

Slide show - -

Rating

## **PHOTO SHOOTING MENU**

Reset photo shooting menu

Storage folder – NCZ\_7

File naming – BMP

Choose image area > FX

Image quality > RAW

Image size > JPEG/TIFF > L

> NEF (RAW) > RAW L

NEF (RAW) recording > NEF (RAW) compression > ON Lossless compressed

> NEF (RAW) bit depth > 14-bit

ISO sensitivity settings > 64

> Auto ISO sensitivity control – OFF

White balance > Auto > A Natural light auto

Set Picture Control > A Auto

> Standard > Sharpening +5 > Mid-range sharpening +5 > Clarity +1

> Monochrome > Sharpening +5 > Mid-range sharpening +5 > Clarity +5 > Contrast 0 > Filter effects R

> Flat > Sharpening +5 > Clarity +1

Manage Picture Control

Color Space > Adobe

Active D-Lighting – OFF

Long exposure NR – OFF

High ISO NR – OFF

Vignette control – N

Diffraction compensation ON

Auto distortion control – ON (grayed out)

Flicker reduction OFF

Metering - Matrix


Flash control (grayed out unless WR-R10 connected) WR-R10 connected

> CMD

- > Flash compensation –
- > Flash compensation (TTL) 0.0
- > Wireless flash options > Radio AWL
- > Remote flash control > GRP
- > Group flash options > Group A > M > 1/16
- > Radio remote flash info

Flash mode (grayed out when no flash in hot shoe)

Flash compensation

Focus mode –  SLOW (grayed out)

Flash compensation 0.0 (grayed out)

Focus mode AF-C

AF-area mode – Dynamic-area AF

Vibration reduction ON > Sport

Auto bracketing set > AE

Multiple exposure – OFF

HDR (high dynamic range) (grayed out)

Interval timer shooting – OFF

Time-lapse movie - OFF

Focus shift shooting - OFF

Silent photography > OFF

## **MOVIE SHOOTING MENU**

Reset movie shooting menu - -

File naming > BMP

Choose image area > FX

Frame size/frame rate – 2160/30

Movie quality > HIGH (grayed out)

Movie file type > MOV

ISO sensitivity settings > Maximum sensitivity > 6400

> Auto ISO control (mode M) > OFF

> ISO sensitivity (mode M) > 64

White balance > Natural light auto

Set Picture Control > FL\*

Manage Picture Control > - -

Active D-Lighting > OFF

HIGH ISO NR > OFF

Vignette control OFF

Diffraction compensation ON

Auto distortion control (grayed out)

Flicker reduction > Auto

Metering – Matrix

Focus Mode – MF

AF-area mode (grayed out)

Vibration reduction – ONSPT

Electronic VR - OFF

Microphone sensitivity > Manual sensitivity > 10

Attenuator > OFF

Frequency response > WIDE  
Wind noise reduction > ON  
Headphone volume > Manual sensitivity >10  
Timecode --

## **CUSTOM SETTING MENU**

Custom settings bank – A

### a Autofocus

- a1\* AF-C priority selection > Focus
- a2 AF-S priority selection > Focus
- a3\* Focus tracking with lock-on > Blocked shot AF response > 4
- a4\* Auto-area face-detection > ON
- a5 Focus points used > ALL
- a6\* Store by orientation > ON
- a7\* AF activation > OFF
- a8 Limit AF-area mode selection
- a9\* Focus point wrap-around > ON
- a10\* Focus point options > Manual focus mode > OFF  
> Dynamic-area assist > ON
- a\*11 Low-light AF - ON
- a12 Built-in AF-assist illuminator - ON

### b Metering/exposure

- b1 EV steps for exposure cntrl > 1/3
- b2 Easy exposure compensation – OFF
- b3 Center-weighted area – (●)12
- b4 Fine-tune optimal exposure - -
- b5 Matrix metering > Face detection on

### c Timers/AE lock

- c1 Shutter-release button AE-L > OFF
- c2 Self-timer - -
- c3\* Power off delay > Playback 10s  
> Menu 1m  
>Image review 10s  
>Standby times 30s

### d Shooting/display

- d1 CL mode shooting speed > 3 fps
- d2 Max. continuous release > 200
- d3 Sync. release mode options
- d4 Exposure delay mode > OFF
- d5 Electronic front-curtain shutter > OFF
- d6\* Limit selectable image area >FX  
>DX
- d7 File number sequence > ON
- d8\* Apply settings to live view > OFF
- d9 Framing grid display > OFF
- d10\* Peaking highlight color > Peaking level > 3  
> Peaking highlight color > Y

d11 View all in continuous mode > ON

#### e Bracketing/flash

e1\*Flash sync speed > 1/200\*

e2\*Flash shutter speed > 1/2

e3\* Exposure comp. for flash > Background only

e4\* Auto  ISO sensitivity control > Subject only

e5 Modeling flash > ON


e6 Auto bracketing (mode M) > Flash/speed

e7\*Bracketing order > Under>MTR>over

#### f Controls

f1\* Customize *i* menu >Picture Control >WB> >+/- >Release Mode>AF-area mode

AF/MF > Multiple Exp>Silent Photo>Bluetooth>Live view >Split-screen

f2\* Custom control assignment > Fn1 >  Disable/enable

> Fn2 > Grid

>AF-ON > AF-ON

> Sub-selector > Focus point selection

> Sub-selector center > Select center focus point

> Movie record button > Choose image area

> Lens focus function buttons > AF lock only

> Lens control ring > OFF

f3 OK button

f4 Shutter spd & aperture lock - -

f5\* Customize command dials > Reverse rotation > Exposure compensation

> Change main/sub > Exposure setting > OFF

> Autofocusing setting > OFF

> Menus and playback > ON

> Sub-dial frame advance > 10

f6 Release button to use dial > OFF

f7 Reverse indicators > - 0 +

#### g Movie

g1 Customize *i* menu

g2\* Custom control assignment > Fn1 > Power aperture (open)

> Fn2 > Power aperture (close)

>AF-ON button > AF-ON

>Sub-selector center > AE/AF lock

> Shutter Release > Record movies

> Lens control ring > Exposure compensation

g3 OK button – RESET

g4\* AF speed +5

g5\* AF tracking sensitivity 7

g6 Highlight display (grayed out)

### **SETUP MENU**

Format memory card - -

Save user settings –

Reset user settings --

Language > English  
Time zone and date – (always set to current location)  
Monitor brightness – 0  
Monitor color balance –  
Viewfinder brightness --1  
Viewfinder color balance  
Control panel brightness -- 4  
Limit monitor mode selection –  
Information display W  
AF fine-tune - -  
Non-CPU lens data – No.1  
Clean image sensor > Automatic cleaning > Clean at shutdown  
Image Dust Off ref photo - - (grayed out)  
Image comment – OFF  
Copyright information – ON  
Beep options - -  
Touch controls > ON  
HDMI > Output resolution > Auto  
    > Advanced  
        > Output range > Auto  
        > External recording control > ON  
        > Output data depth > 10  
        > N-Log setting > ON  
        > View assist > ON  
Location data –  
Wireless remote (WR) options - - (grayed out)  
Assign remote (WR) Fn button > AF-ON  
Airplane mode > OFF  
Connect to smart device - - ON  
Connect to PC -- OFF  
Wireless transmitter (WT-7) grayed out  
Conformity marking --  
Battery info --  
Slot empty release lock > OK  
Save/load settings - -  
Reset all settings - -  
Firmware version - -

## **MY MENU**

Time zone and date  
Format memory card  
Clean image sensor  
Time-lapse movie

blank = default  
\* = modified