

Nikon Z R Settings

02.10.26

Firmware 1.10

Photo Shooting Menu

Reset photo shooting menu

Storage folder – NC_ZR

File naming - BMP

Primary slot selection > CFexpress/XQD card slot

Secondary slot function > Overflow

Shooting mode options - M

Image area > Choose image area > FX

DX crop alert > ON

Tone mode - SDR

Image quality > Image quality > RAW

Image size settings (grayed out)

RAW recording > ON Lossless compression

ISO sensitivity settings > 100

> Auto ISO sensitivity control > OFF

White balance > AUTO1

Set Picture Control > Standard > Sharpening +5 > Mid-range sharpening +5 > Clarity 0.50

> Monochrome > Sharpening +5 > Mid-range sharpening +5 > Clarity +4 > Contrast +2 > Filter effects R

> Deep Tone Monochrome > Sharpening +5 > Mid-range sharpening +5 > Clarity +4 > Contrast +2 > Filter effects R

> Flat > Sharpening +5 > Clarity +1

> #17 Charcoal > Effect Level 50 > Quick Sharp 0 > Sharpening +5 > Mid-range sharpening +2 > Clarity +3 > Contrast 0 > Filter effect ORNG > Toning - None

Manage Picture Control

Set Picture Control (HLG) (grayed out)

Color space > Adobe

Active D-Lighting - OFF

High ISO NR - OFF

Vignette control > N

Diffraction compensation - ON

Auto distortion control (grayed out)

Skin softening - OFF

Portrait impression balance - OFF

High-frequency flicker reduction - OFF

Metering - Matrix

Flash control (grayed out)

Flash mode (grayed out)

Flash compensation (grayed out)

Release mode > Continuous High

Focus mode > AF-C

AF-area mode > Wide-area AF (C1) 13x7

AF/MF subject detection options > Bird

MF subject detection area > Wide-L

Vibration reduction > ON > Normal

Link VR to focus point - ON

Auto bracketing - OFF

Multiple exposure (grayed out)

HDR overlay -OFF
Dehaze - OFF
Interval timer shooting - OFF
Time-lapse video - OFF
Focus shift shooting - OFF
Pixel shift shooting - OFF

VIDEO RECORDING MENU

Reset video recording menu
Storage folder – NC_ZR (grayed out)
File naming – BMP (grayed out)
Video file naming > ON > Video clip name > ON
 > Camera ID > R
 > Reel number 1
 > Clip number 1
 > Clip number serial mode > ON
Destination – Cfexpress/XQD card slot (grayed out)
Shooting mode options - M
Video file type – R3D NE
Frame size/frame rate -4.0k 59.94
Video quality (N-Raw) - HIGH
Image area > FX grayed out
 > DX crop alert - ON
ISO sensitivity settings > Base ISO sensitivity > LOW
 > ISO Sensitivity > 800
White balance > Choose color temperature > 5600
Set Picture Control > Set Picture Control (grayed out)
Manage Picture Control
HLG quality (grayed out)
Active D-Lighting (grayed out)
High ISO NR (grayed out)
Vignette control > N
Diffraction compensation (grayed out)
Auto distortion control (grayed out)
Breathing compensation (Breathing compensation)
Skin softening (grayed out)
Portrait impression balance (grayed out)
Video flicker reduction > Frequency > AUTO
 > Digital flicker reduction > OFF
High-frequency flicker reduction - OFF
Metering - Matrix
Focus mode (grayed out)
AF-area mode (grayed out)
AF/MF subject detection options (grayed out)
Product review mode > ON (customize focus area) > 13x7
MF subject detection area > Wide L
Video self-timer – OFF
Vibration reduction > Same as photo settings
 > Sport
Electronic VR (grayed out)
32-bit float audio recording – ON!
Built-in microphone options (grayed out)

Audio input selection - MIC
Audio input sensitivity - 12
Attenuator - OFF
Frequency response - WIDE
Wind noise reduction - OFF
Mic jack plug-in power - ON
Headphone volume - 15
Timecode
External rec. cntrl (HDMI) - OFF
Hi-Res Zoom (grayed out)

CUSTOM SETTINGS MENU

Reset custom settings

Focus

- a1* AF-C priority selection > Focus + release
- a2 AF-S priority selection
- a3* Focus tracking with lock-on > 4.5
- a4 Focus points used
- a5* Store points by orientation > Focus point and AF-area mode
- a6 Half-press AF activation
- a7 Focus point persistence
- a8* Limit AF-area mode selection > Wide-area AF (S)
 - > Wide-area AF (L)
 - > Wide-area AF (C1)
 - > Wide-area AF (C2)
 - > Auto-area AF
- a9* Focus point wrap-around - ON
- a10* Focus point display > Manual Focus – OFF
 - > Dynamic-area AF assist – ON
 - > AF-C in-focus display – ON
 - > 3D-tracking focus point color > W
 - > Focus point border width > 2
- a11* Focus peaking > Focus peaking display > ON
 - > Focus peaking sensitivity > PEAK2
 - > Focus peaking highlight color > Y
- a12 Focus point selection speed
- a13 Manual focus ring in AF mode

Metering/exposure

- b1 ISO sensitivity step value – 1/3
- b2 EV steps for exposure cntrl – 1/3
- b3 Easy exposure compensation -OFF
- b4 Matrix metering face detection - ON
- b5 Center-weighted area - STNDRD
- b6 Fine-tune optimal exposure

Timers/AE lock

- c1 Shutter-release button AE-L - OFF
- c2* Self-timer > Self-timer delay > 10s
 - > Number of shots > 9
 - > Interval between shots > 0.5s
- c3* Power off delay > Playback > 10s
 - > Menus > 5m
 - > Picture review > 4s

> Standby timer > infinity

Shooting/display

- d1 CL mode shooting speed > 5
- d2 Maximum shots per burst > infinity
- d3 Pre-Release Capture options > OFF
- d4 Sync. release mode options > Sync
- d5 Exposure delay mode > OFF
- d6 Extended shutter speeds (M) > OFF
- d7* Limit selectable image area > FX
> DX
- d8 File number sequence > ON
- d9 View mode (photo Lv) > Show effects of settings
- d10 Starlight view (photo Lv) > OFF
- d11 Warm display colors > OFF
- d12 Display on during burst > ON
- d13 Release timing indicator > Indicator type > Type B
> Type A auto return delay > 1/6
- d14 Image frame > ON
- d15* Grid type > 4x4
- d16* Virtual horizon type – Type B
- d17 Half-press to cancel zoom (MF) > OFF
- d18* Custom monitor shooting display > Display 3
> Display 4

Bracketing/flash

- e1* Flash shutter speed > 1/15
- e2* Exposure comp. for flash > Background only
- e3* Auto  ISO sensitivity control > Subject only
- e4* Modeling flash - OFF
- e5 Auto bracketing (mode M) > Flash/speed
- e6* Bracketing order > Under > MTR > over
- e7 Flash burst priority

Controls

- f1 Customize *i* menu > Set Picture Control > White balance > QUAL > Release mode > AF-area mode/subj. detection > Focus mode > AF-area mode/subj. detection > Shooting mode options > Vibration reduction > Custom controls (shooting) > ISO sensitivity settings > View memory card info > MENU
- f2 Custom controls (shooting)
- f3 Custom controls (playback)
- f4* Customize touch controls > Touch shooting options > Touch AF
- f5 Control lock
- f6* Reverse dial rotation > Exposure compensation
- f7 Release button to use dial > ON
- f8 Reverse indicators > -0+
- f9 Reverse ring for focus > OFF
- f10 Focus ring rotation range > Non-linear
- f11 Zoom ring control (PZ lens) > Reverse zoom ring rotation > OFF
> Zoom ring rotation range > Default
- f12* Assign power zoom > Mag/MagChecker buttons > OFF
> Power zoom speed (zoom buttons) > +3
> Power zoom speed (zoom switch) > +5
- f13 Control ring response > HIGH
- f14 Switch focus/control ring roles OFF (grayed out)
- f15 Full-frame playback flicks > Flick up > OFF

- > Flick down > OFF
- > Flick advance direction > Left-Right

Video

- g1* Customize *i* menu > Set Picture Control > White balance > Frame size/frame rate > Audio input sensitivity > Zebra pattern > Focus mode > Shooting mode options > Choose image area > AF-area mode/subj. detection > ISO > Product review mode > Vibration reduction
- g2* Custom controls
 - > Fn1 > ISO
 - > Fn2 > AF-ON
 - > Fn3 > DISP
 - > Zoom control > Power zoom
 - > Command dials > Exposure setting
 - > OK button > RESET
 - > Playback button > Playback
 - > REC button (front) > Record videos
 - > Lens Fn button > AE/AF lock
 - > Lens Fn2 button > AF-ON
 - > Lens Fn ring (counterclockwise) > Recall focus position
 - > Lens Fn ring (clockwise) > Recall focus position
 - > Lens memory set button > Save focus position
 - > Lens control ring > Focus (M/A)
- g3 Customize touch controls > Touch AF Options > Touch AF
 - > Touch control guide > Hi-Res Zoom
- g4 Control lock > Shutter speed lock > Off
 - > Aperture lock > OFF
 - > Focus-point lock > OFF
- g5 Limit AF-area mode selection > Wide-area AF (C1)
 - > Wide-area AF (C2)
 - > Subject-tracking AF
 - > Auto-area AF
- g6 AF speed (grayed out)
- g7 AF tracking sensitivity (grayed out)
- g8 Hi-Res Zoom speed - 0
- g9* Assign power zoom > Use Mag buttons > OFF
- g10* Power/Hi-Res Zoom collab > OFF
- g11* Fine ISO control (mode M) > 1/6
- g12 Extended shutter speeds (S/M)
- g13* Shutter mode > Angle
- g14* View assist > ON
- g15* LUT view assist settings - ON
 - > LUT view assist > ON
 - > Select Lut > PASTEL_NEUTRAL
- g16* Zebra pattern > Pattern tone range > OFF
 - > Pattern > Pattern 1
 - > Zebra pattern color > B
 - > Highlight threshold > 230
 - > Mid-tone range > 115 > Range +/-10
- g17* Limit zebra pattern tone range > Highlights
- g18 Grid type > 3x3
- g19* Brightness information display > WFM
- g20 Half-press to cancel zoom (MF) > OFF
- g21* Custom monitor shooting display > Display 2
 - > Display 3

THE PLAYBACK MENU

Delete (grayed out)
Playback folder – ALL (grayed out)
Playback display options
Delete pictures from both slots - ON
Dual-format recording PB slot -C/X
Filtered playback criteria
Series playback
Picture review - OFF
After delete – Show next
After burst, show > Last picture in burst
Record camera orientation > Photos > ON
 > Video > ON
Auto-rotate pictures - ON
Copy image(s) (grayed out)

THE SETUP MENU

Format memory card
Manage user settings
Language - English
Time zone and date
Monitor brightness - 0
Monitor color balance
Monitor display size (Lv) - STNDRD
Auto rotate info display - ON
REC lamp brightness > Video recording > 2
 > Time-lapse video recording > 1
AF fine-tuning options - OFF
Non-CPU lens data – No. 1
Distance units - Ft
Save focus position - OFF
Save zoom position (PZ lenses) - OFF
Auto temperature cutout - HIGH
Image Dust Off ref photo (grayed out)
Pixel mapping
Image comment - OFF
Copyright information - ON
IPTC
I connector function (headphone/remote cord connector function) > auto switch
Voice memo options
Camera sounds > Shutter sound > OFF
 > REC start/end sound options > ON
 > Beep options > OFF
Silent mode - OFF
Touch controls > Enable/disable touch controls (Lv) > ON
 > Glove mode > ON
Self-portrait mode - OFF
HDMI

USB connection priority
Conformity marking
Battery info
USB power delivery - ON
Energy saving (photo mode) – OFF
Power-on lamp energy saver - OFF
Slot empty release lock - OK
Save/load menu settings
Reset all settings
Firmware version

THE NETWORK MENU

Airplane mode - OFF
Nikon Imaging Cloud - OFF
Connect to smart device - OFF
Wireless remote (ML-L7) options - OFF
Bluetooth remote cntrl options - OFF
Connect to computer - OFF
Connect to FTP server - OFF
Connect to other cameras - OFF
ATOMOS AirGlu BT options - OFF
USB – MTP/PTP
Router frequency band > 2.4G/5G
MAC address

MY MENU

Time zone and date
Time-lapse video
Format memory card
AF-area mode

blank = default

* = modified