



Interchangeable Lens Digital Camera

α7R V

E-mount

Startup Guide

ILCE-7RM5

**We use environmentally conscious packaging materials**

Environmentally conscious packaging materials were used for the camera and supplied accessories.

Note the following due to the characteristics of the packaging materials.

- Powder, etc. from the packaging materials may adhere to the camera or supplied accessories. In this case, remove it with a commercially available blower or cleaning paper before use.
- The packaging materials will deteriorate with continuous use. Be careful when carrying the product by the packaging.

### About the manual for this camera

**"Help Guide" (Web manual)**  
[https://rd1.sony.net/help/ilc/2230/h\\_zz/](https://rd1.sony.net/help/ilc/2230/h_zz/)

This guide describes the necessary preparations to start using the product, basic operations, etc. For details, refer to the "Help Guide" (web manual).

## Preparations

### Checking the supplied items

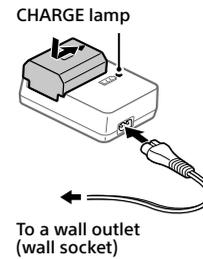
The number in parentheses indicates the number of pieces.

- |   |   |
|---|---|
| • Camera (1)  | • USB Type-C® cable (1)                     |
| • Battery charger (1)   | • Shoulder strap (1)                        |
| • Power cord (mains lead) (1)*<br>(supplied in some countries/regions)  | • Body cap (1) (attached to the camera)     |
| * Multiple power cords may be supplied with this equipment. Use the appropriate one that matches your country/region. See "Notes on use." | • Cable protector (1)                       |
| • Rechargeable battery pack NP-FZ100 (1)  | • Shoe cap (1) (attached to the camera)     |
|   | • Eyepiece cup (1) (attached to the camera) |
|   | • Startup Guide (this manual) (1)           |
|   | • Reference Guide (1)                       |

### Preparing the battery pack

**1 Insert the battery pack into the battery charger, and connect it to a wall outlet (wall socket) using the power cord (supplied).**

- Place the battery pack on the battery charger in the direction of ▲. Slide the battery pack in the direction of the arrow as far as it will go.
- When charging starts, the CHARGE lamp on the battery charger will light up. When charging is finished, the CHARGE lamp and all indicators turn off.



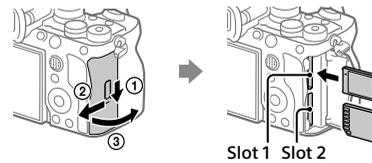
**2 Insert the battery pack into the camera.**

- Open the battery cover, and then insert the battery pack while pressing the lock lever.



### Inserting a memory card into the camera

You can use CFexpress Type A memory cards and SD memory cards with this camera.



**Open the memory card cover and insert the memory card into Slot 1.**

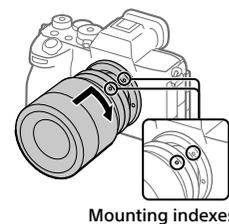
- Both Slot 1 and Slot 2 support CFexpress Type A memory cards and SD memory cards.
- Insert a CFexpress Type A memory card with the label facing the monitor, and an SD memory card with the terminal facing the monitor. Insert the card until it clicks into place.
- You can change which memory card slot to use by selecting MENU → [📷] (Shooting) → [Media] → [📄] Rec. Media Settings] → [📷] Recording Media] or [📽] Recording Media]. The Slot 1 is used in the default settings.

**Hint**

- When you use a memory card with the camera for the first time, it is recommended that you format the card on the camera for more stable performance of the memory card.

### Attaching a lens

- 1 Remove the body cap from the camera and the rear lens cap from the rear of the lens.
- 2 Mount the lens by aligning the two white index marks (mounting indexes) on the lens and camera.
- 3 While pushing the lens lightly toward the camera, turn the lens slowly in the direction of the arrow until it clicks into the locked position.



### Performing initial setup for the camera

By establishing a Bluetooth connection (pairing) between the camera and a smartphone, you can perform initial camera setup such as date and time settings from the smartphone. Install the dedicated application on your smartphone in advance, and then follow steps 1 to 4 under "Procedures for initial camera setup."

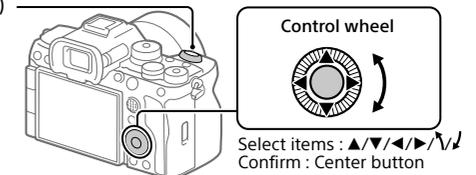
**Installing the dedicated smartphone application**

Install the application from the following website. Also, update to the latest version of the dedicated application. The specifications of the dedicated application may change without notice.  
<https://www.sony.net/ca/>



### Procedures for initial camera setup

ON/OFF (Power) switch



- 1 Set the ON/OFF (Power) switch to "ON" to turn on the camera.
- 2 Select the desired language and then press the center of the control wheel.
  - The privacy notice screen will appear. Read the privacy notice regarding biometrics by opening the link using your smartphone, etc.
- 3 Press the center of the control wheel.
- 4 Follow the instructions on the camera screen to connect the camera with your smartphone and perform the initial setup.
  - You can also configure or change the initial settings later from the MENU of the camera.

**Connecting (pairing) the camera with your smartphone later**

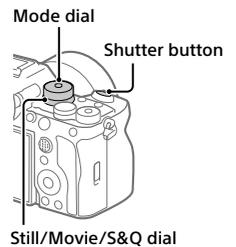


For details on the connection method, refer to the following Help Guide URL:  
[https://rd1.sony.net/help/ilc/2230\\_pairing/h\\_zz/](https://rd1.sony.net/help/ilc/2230_pairing/h_zz/)

## Shooting

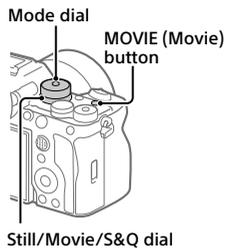
### Shooting still images

- 1 Turn and set the Still/Movie/S&Q dial to [📷] (Still) while pressing the lock release button on the front of the Still/Movie/S&Q dial.
- 2 Turn the mode dial while pressing the mode dial lock release button in the center of the mode dial, and then select the desired shooting mode.
- 3 Press the shutter button halfway down to focus.
- 4 Press the shutter button all the way down.



### Shooting movies

- 1 Turn and set the Still/Movie/S&Q dial to [📽] (Movie) while pressing the lock release button on the front of the Still/Movie/S&Q dial.
- 2 Turn the mode dial while pressing the mode dial lock release button in the center of the mode dial, and then select the desired shooting mode.
- 3 Press the MOVIE (Movie) button to start recording.
- 4 Press the MOVIE (Movie) button again to stop recording.



**Hint**

- The start/stop movie recording function is assigned to the MOVIE (Movie) button in the default settings. Even without switching shooting modes in Step 1, you can start movie recording from still image shooting mode by pressing the MOVIE (Movie) button.

# Notes on use

Refer to “Precautions” in the “Help Guide” as well.

**Notes on handling the product**

- This camera is designed to be dust-and moisture-resistant, but is not waterproof or dust-proof.
- Do not leave the lens or the viewfinder exposed to a strong light source such as sunlight. Because of the lens’s condensing function, doing so may cause smoke, fire, or a malfunction inside the camera body or the lens. If you have to leave the camera exposed to a light source such as sunlight, attach the lens cap to the lens.
- If sunlight or other strong light enters the camera through the lens, it may focus inside the camera and cause smoke or fire. Attach the lens cap when storing the camera. When shooting with backlighting, keep the sun sufficiently far away from the angle of view. Even if it is slightly away from the angle of view, smoke or fire may still occur.
- Do not directly expose the lens or the viewfinder to beams such as laser beams. This may damage the image sensor or the inside of the viewfinder and cause the camera to malfunction.
- Do not look at sunlight or a strong light source through the lens when it is detached. This may result in unrecoverable damage to the eyes or cause a malfunction.
- This camera (including accessories) has magnet(s) which may interfere with pacemakers, programmable shunt valves for hydrocephalus treatment, or other medical devices. Do not place this camera close to persons who use such medical devices. Consult your doctor before using this camera if you use any such medical device.
- Increase the volume gradually. Sudden loud noises can damage your ears. Be especially careful when listening to headphones.
- Do not leave the camera, the supplied accessories, or memory cards within the reach of infants. They may be accidentally swallowed. If this occurs, consult a doctor immediately.

**Notes on the monitor and electronic viewfinder**

- The monitor and electronic viewfinder are manufactured using extremely high-precision technology, and over 99.99% of the pixels are operational for effective use. However, there may be some small black dots and/or bright dots (white, red, blue or green in color) that constantly appear on the monitor and electronic viewfinder. These are imperfections due to the manufacturing process and do not affect the recorded images in any way.
- When shooting with the viewfinder, you may experience symptoms such as eyestrain, fatigue, motion sickness, or nausea. We recommend that you take a break at regular intervals when you are shooting with the viewfinder.
- If the monitor or electronic viewfinder is damaged, stop using the camera immediately. The damaged parts may harm your hands, face, etc.

**Notes on continuous shooting**

When shooting still images continuously, the monitor or viewfinder may flash between the shooting screen and a black screen. If you keep watching the screen in this situation, you may experience uncomfortable symptoms such as feeling of unwellness. If you experience uncomfortable symptoms, stop using the camera, and consult your doctor as necessary.

**Notes on recording for long periods of time or recording 4K/8K movies**

- The camera body and battery may become warm with use – this is normal.
- If the same part of your skin touches the camera for a long period of time while using the camera, even if the camera does not feel hot to you, it may cause symptoms of a low-temperature burn such as redness or blistering. Pay special attention in the following situations and use a tripod, etc.
  - When using the camera in a high temperature environment
  - When someone with poor circulation or impaired skin sensation uses the camera
  - When using the camera with [Auto Power OFF Temp.] set to [High]

**Notes on using memory cards**

- When recording is finished, the memory card may become hot. This is not a malfunction.
- If [**H**] (overheating warning icon) is displayed on the monitor, do not remove the memory card from the camera right away. Instead, wait for a while after turning off the camera, and then remove the memory card. If you touch the memory card while it is hot, you may drop it and the memory card may be damaged. Be careful when removing the memory card.

**Notes on using a tripod**

Use a tripod with a screw less than 5.5 mm (7/32 inches) long. Otherwise, you cannot firmly secure the camera, and damage to the camera may occur.

**Sony lenses/accessories**

Using this unit with products from other manufacturers may affect its performance, leading to accidents or malfunction.

**Warning on copyrights**

Television programs, films, videotapes, and other materials may be copyrighted. Unauthorized recording of such materials may be contrary to the provisions of the copyright laws.

**Notes on location information**

If you upload and share still images or movies taken with this camera on the Internet while the location information is linked with the dedicated smartphone application, you may accidentally reveal the location information to a third party. To prevent third parties from obtaining your location information, deactivate the [Location Information Linkage] function of the dedicated application.

**Notes on discarding or transferring this product to others**

Before discarding or transferring this product to others, be sure to perform the following operation to protect private information.

- Select [Setting Reset] → [Initialize].

**Notes on discarding or transferring a memory card to others**

Executing [Format] or [Delete] on the camera or a computer may not completely delete the data on the memory card. Before transferring a memory card to others, we recommend that you delete the data completely using data deletion software. When discarding a memory card, we recommend that you physically destroy it.

**Note on network functions**

When you use network functions, unintended third parties on the network may access the camera, depending on the usage environment. For example, unauthorized access to the camera may occur in network environments to which another network device is connected or can connect without permission. Sony bears no responsibility for any loss or damage caused by connecting to such network environments.

**Note on the 5 GHz band for wireless LAN**

When using the wireless LAN function outdoors, set the band to 2.4 GHz by following the procedure below. (WW282174 only)

- MENU → 🌐 (Network) → [Wi-Fi] → [Wi-Fi Frequency Band]

**How to turn off wireless network functions (Wi-Fi, etc.) temporarily**

When you board an airplane, etc., you can turn off all wireless network functions temporarily using [Airplane Mode].

**Power Cord**

Multiple power cords may be supplied with this equipment. Use the appropriate one that matches your country/region.

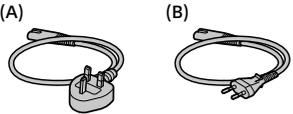
**For the customers in the UK, Ireland, Malta, Cyprus and Saudi Arabia**

Use the power cord (A).

For safety reasons, the power cord (B) is not intended for above countries/regions and shall therefore not be used there.

**For the customers in other EU countries/regions**

Use the power cord (B).



### For Customers in the U.S.A. and Canada

The available scientific evidence does not show that any health problems are associated with using low power wireless devices. There is no proof, however, that these low power wireless devices are absolutely safe. Low power Wireless devices emit low levels of radio frequency energy (RF) in the microwave range while being used. Whereas high levels of RF can produce health effects (by heating tissue), exposure of low-level RF that does not produce heating effects causes no known adverse health effects. Many studies of low-level RF exposures have not found any biological effects. Some studies have suggested that some biological effects might occur, but such findings have not been confirmed by additional research. This equipment has been tested and found to comply with FCC/ISED radiation exposure limits set forth for an uncontrolled environment and meets the FCC radio frequency (RF) Exposure Guidelines and RSS-102 of the ISED radio frequency (RF) Exposure rules.

### For Customers in the U.S.A.

For question regarding your product or for the Sony Service Center nearest you, call 1-800-222-SONY (7669) .

<p><b>Supplier's Declaration of Conformity</b>  Trade Name<span> </span>: SONY  Model<span> </span>: WW282174  Responsible Party<span> </span>: Sony Electronics Inc.  Address<span> </span>: 16535 Via Esprillo, San Diego, CA 92127 U.S.A.  Telephone Number<span> </span>: 858-942-2230</p>
--

**Important note on use of 5 GHz wireless LAN**

Compliance with FCC requirement 15.407(c)
Data transmission is always initiated by software, which is the passed down through the MAC, through the digital and analog baseband, and finally to the RF chip. Several special packets are initiated by the MAC. These are the only ways the digital baseband portion will turn on the RF transmitter, which it then turns off at the end of the packet. Therefore, the transmitter will be on only while one of the aforementioned packets is being transmitted. In other words, this device automatically discontinue transmission in case of either absence of information to transmit or operational failure.

Frequency Tolerance: ±20 ppm

### For Customers in Canada

**5 150-5 350 MHz band is restricted to indoor operation only.**

High-power radars are allocated as primary users (i.e. priority users) of the bands 5 250-5 350 MHz and 5 650-5 850 MHz and that these radars could cause interference and/or damage to LE-LAN devices.

### For Customers in Europe

IEEE802.11b/g/n	2 400 MHz	< 60 mW e.i.r.p.
IEEE802.11a/n/ac	5 150-5 350 MHz 5 470-5 725 MHz	< 35 mW e.i.r.p.
IEEE802.11a/n/ac	5 725-5 850 MHz	< 25 mW e.i.r.p.
Bluetooth	2 400 MHz	< 10 mW e.i.r.p.

Hereby, Sony Corporation declares that this equipment is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: https://www.compliance.sony.eu

Hereby, Sony Corporation declares that this equipment is in compliance with the UK relevant statutory requirements.

The full text of the declaration of conformity is available at the following internet address: https://compliance.sony.co.uk

For this radio equipment the following restrictions on putting into service or of requirements for authorization of use apply in AT/BE/BG/CY/CZ/DK/EE/FI/FR/DE/EL/HU/IE/IT/LV/LT/LU/MT/NL/PL/PT/RO/SK/SI/ES/SE/UK/UK(NI)/HR/IS/LI/NO/CH/AL/BA/MK/MD/RS/ME/XK/TR:
5 150 - 5 350 MHz band is restricted to indoor operations only.

### For Customers in Indonesia

IEEE802.11b/g/n	2 400 MHz
Bluetooth	2 400 MHz

## For customers who purchased their camera from a store in Japan that caters to tourists

**Note**

Some certification marks for standards supported by the camera can be confirmed on the screen of the camera.

Select MENU → 📷 (Setup) → [Setup Option] → [Certification Logo].

### Specifications

**Camera**

**[System]**

Camera Type: Interchangeable Lens Digital Camera

Lens: Sony E-mount lens

**[Image sensor]**

Image format: 35 mm full frame (35.7 mm × 23.8 mm), CMOS image sensor

Effective pixel number of camera:

Approx. 61 000 000 pixels

Total pixel number of camera:

Approx. 62 500 000 pixels

**[Electronic Viewfinder]**

Type: 1.6 cm (0.64 type)

Electronic Viewfinder

**[Monitor]**

8.0 cm (3.2 type) TFT drive, touch panel

**[General]**

Rated input: 7.2 V 🔌, 4.5 W

Operating temperature:

0 °C to 40 °C (32 °F to 104 °F)

Storage temperature:

−20 °C to 55 °C (−4 °F to 131 °F)

Dimensions (W/H/D) (Approx.):

131.3 × 96.9 × 82.4 mm

131.3 × 96.9 × 72.3 mm

(from grip to monitor)

5 1/4 × 3 7/8 × 3 1/4 in.

5 1/4 × 3 7/8 × 2 7/8 in.

(from grip to monitor)

Mass (Approx.):

723 g (1 lb 9.6 oz) (including battery pack, SD Card)

## Trademarks

- α*** is a trademark of Sony Group Corporation.
- USB Type-C<sup>®</sup> and USB-C<sup>®</sup> are registered trademarks of USB Implementers Forum.
- Wi-Fi, the Wi-Fi logo and Wi-Fi Protected Setup are registered trademarks or trademarks of the Wi-Fi Alliance.
- The Bluetooth<sup>®</sup> word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Sony Group Corporation and its subsidiaries is under license.
- QR Code is a trademark of Denso Wave Inc.
- In addition, system and product names used in this manual are, in general, trademarks or registered trademarks of their respective developers or manufacturers. However, the <sup>™</sup> or ® marks may not be used in all cases in this manual.



https://www.sony.net/SonyInfo/Support/

<p>Additional information on this product and answers to frequently asked questions can be found at our Customer Support Website.</p>
---

https://www.sony.net/