

Software Update Instructions for Session Cameras

What are you trying to do?

Perform the software update for all Session cameras.

Where does it apply?

- HERO Session + HERO4 Session
- HERO5 Session

How to do it

There are three ways to update Session cameras:

- With Quik for Desktop (Recommended)
- With Capture
- Manually

Update With Quik for desktop

1. Download and install Quik for desktop.
2. Launch Quik for desktop.
3. Connect the Session to the computer with the USB cable.
4. If there is an update, the Camera Software Update window will open. Click Continue.
5. Read the GoPro Firmware License and check the box to confirm you accept the terms. Click Continue.
6. The camera software update will be downloaded and installed on the camera.
7. Once the installer in Quik for desktop states it was successful, click Done.

Update with Capture

Check out this article for instructions: [How to Update Camera Software Wirelessly With Capture](#)

Manual Update

1. Go to the Update page: [HERO5 Session](#) or [HERO Session + HERO4 Session](#)
2. Under "Other ways to update" click "Update your camera manually."
3. Enter your serial number and other requested information, click Next Step.
4. Click "Download Update."
5. Click "Click here to download firmware."
6. Follow the steps on the screen for detailed instructions for your operating system.