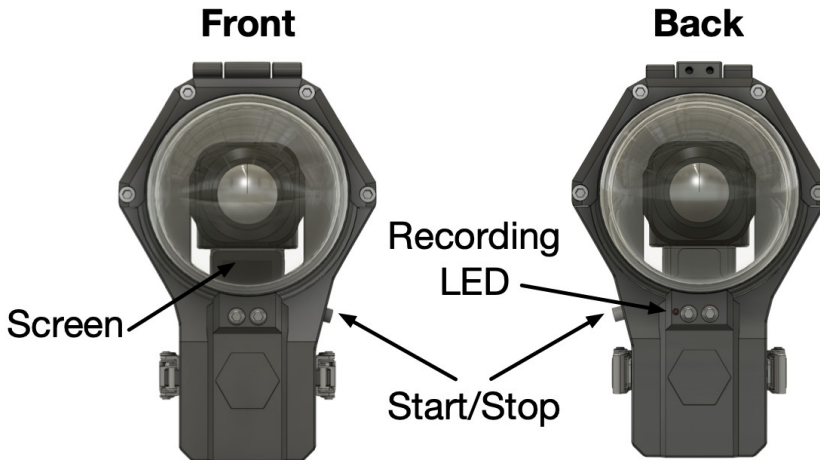# ◈ MANTIS

RS360 PRE-DIVE CHECKLIST

- ✔ Camera charged
- ✔ Card erased
- ✔ Confirm camera settings
- ✔ Domes clean inside and outside
- ✔ O-ring lightly lubricated, seated, clean
- ✔ Housing locked

Front

Back

Recording LED

Screen

Start/Stop

Operation

- Press Start/Stop button to turn camera on and start recording
- Observe recording LED on back
- Press again to stop recording and turn camera off

⬡ MANTIS

Recommended settings for
Insta360 ONE RS 1-Inch 360 Edition

Recording mode (swipe right from left edge)
Recording mode: Video

Video mode (tap on bottom edge)
Video mode: 6K 2:1/30

Configuration settings (swipe down from top edge)
Brightness: Low
Quick capture: On
Voice control: Off
Sharpness: Low
Indicator light: On
Automatic screen rotation: On
WiFi: Auto On/Off
Screen auto sleep during recording: On

Recording settings (swipe left from right edge)
Color: Standard
Shutter: Auto (100 in Manual mode)
ISO: Auto (800MAX in Manual mode)
Ev: 0.0
WB: 6500k
Isolated Exposure: Off