

Nikon D300 Setup Guide

For Nature, Landscape and Travel Photography

External Controls	
Exposure Mode	Aperture Priority
Metering Mode	3D Matrix Metering
Focus Pattern	Dynamic-area AF
Bracketing	Off (unless HDR photography)
Shooting Mode	CH (Continuous High)
WB	Variable, dep. on situation
ISO	200 - 1600 dep. on situation
QUAL	RAW
Autofocus Mode	AF-S or AF-C

Shooting Menu	
Shooting Menu Bank	A
Menu Reset	Default
Active Folder	Default
File Naming	MJH
Image quality	RAW
Image Size	N/A
JPEG Compression	Optimal Quality
NEF (RAW) recording	
Type	Lossless Compressed
bit depth	14 for landscapes, 12 others
White Balance	Variable, dep. on situation
Set Picture Control	Vivid
Manage Picture Control	Default
Color Space	Adobe
Active D-Lighting	High
Long Exp. NR	Off (until needed)
High ISO NR	Off
ISO Sensitivity Settings	100 - 800 dep. on situation
auto control	Off
Live view	
Live view mode	Tripod
Release mode	CH
Multiple Exposure	Off (until needed)
Intvl Timer Shooting	Off (until needed)

Setup Menu	
Format memory card	Default
LCD Brightness	0
Clean image sensor	Clean at startup/shutdown
Lock mirror up cleaning	As needed
Video Mode	NTSC
HDMI	Auto
World Time	--
Language	En
Image comment	On (Copyright Mike Hagen)
Auto image rotation	On
USB	Dep. on situation
Dust off ref photo	Default
Battery info	--
Wireless Transmitter	--
Image authentication	As needed
Save/load settings	--
GPS	--
Non-CPU lens data	As needed
AF fine tune	--
Firmware version	Newest version

Custom Setting Menus		
C Custom setting bank	A	
R Reset custom settings	--	
a1 AF-C priority select	Release	
a2 AF-S priority select	Focus	
a3 Dynamic AF area	21 points	
a4 Focus lock-on	Off	
a5 AF Activation	Shutter/AF-ON	
a6 AF point illumination	On	
a7 Focus point wrap	Wrap	
a8 AF point selection	51 points	
a9 Built-in AF-assist	Off	
a10 AF-ON MB-D10	AE lock only	
b1 ISO sensitivity step	1/3	
b2 EV steps for expos.	1/3	
b3 Exp Comp/Fine Tune	1/3	
b4 Easy exp. comp.	Off	
b5 Center-weight area	8mm	
b6 Fine tune opt. exp.	0 for all meters	
c1 Shutter-release AE-L	Off	
c2 Auto meter-off del.	8s	
c3 Self-timer delay	Dep. on situation	
c4 Monitor off delay	10s	
d1 Beep	Off	
d2 Viewfinder grid disp.	On	
d3 Viewfinder warning	Off	
d4 CL mode shoot spd.	1 fps	
d5 Max cont. release	100	
d6 File No. Sequence	On	
d7 Shooting info display	Auto	
d8 LCD illumination	Off	
d9 Exposure del. Mode	Off	
d10 MB-D10 battery	Dep. on batteries	
d11 Battery order	Dep. on batteries	
e1 Flash Sync Speed	1/320s (Auto FP)	
e2 Flash shutter speed	1/60	
e3 Built-in flash	Dep. on situation	
e4 Modeling flash	On	
e5 Auto Bracket Set	AE Only	
e6 Auto bkt. (Mode M)	Flash/Speed	
e7 Bracketing order	Under > MTR > Over	
f1 Center Button	Shooting Mode, RESET	
f1 Center Button	P'back Mode, Zoom, Med. mag.	
f2 Multi-Selector	Do Nothing	
f3 Photo Info/Playback	Off	
f4 Assign FUNC. button	Press: Spot Metering	
	Dials: Auto bracketing	
f5 Assign Preview button	Press: Preview	
f6 Assign AE-L/AF-L	Press: AE lock only	
	Dials: choose non-CPU lens	
f7 Cust. command dials	OFF, OFF, ON, ON	
f8 Release button dial	OFF	
f9 No Memory Card?	Release locked	
f10 Reverse indicators	Default (+ . . . 0 . . . -)	

Playback Menu	
Delete	Selected
Playback folder	Default
Hide image	Default
Display mode	All Selected
Image review	On
After delete	Show Next
Rotate tall	Off
Slide show	Default
Print set (DPOF)	Default

Nikon D300 Setup Guide

For Portrait and Wedding Photography

External Controls	
Exposure Mode	Aperture Priority
Metering Mode	3D Matrix Metering
Focus Pattern	Dynamic-area AF
Bracketing	Off
Shooting Mode	Ch (Continuous High)
WB	Variable, dep. on situation
ISO	200 - 3200 dep. on situation
QUAL	JPEG
Autofocus Mode	AF-S

Shooting Menu	
Shooting Menu Bank	B
Menu Reset	Default
Active Folder	Default
File Naming	MJH
Image quality	JPEG fine
Image Size	Large
JPEG Compression	Optimal Quality
NEF (RAW) recording	
Type	Lossless Compressed
bit depth	12
White Balance	Preset manual
Set Picture Control	Neutral
Manage Picture Control	Default
Color Space	sRGB
Active D-Lighting	Off
Long Exp. NR	Off (until needed)
High ISO NR	Off
ISO Sensitivity Settings	100 - 3200 dep. on situation
auto control	Off
Live view	
Live view mode	Handheld
Release mode	CH
Multiple Exposure	Off (until needed)
Intvl Timer Shooting	Off (until needed)

Setup Menu	
Format memory card	Default
LCD Brightness	0
Clean image sensor	Clean at startup/shutdown
Lock mirror up cleaning	As needed
Video Mode	NTSC
HDMI	Auto
World Time	--
Language	En
Image comment	On (Copyright Mike Hagen)
Auto image rotation	On
USB	Dep. on situation
Dust off ref photo	Default
Battery info	--
Wireless Transmitter	--
Image authentication	As needed
Save/load settings	--
GPS	--
Non-CPU lens data	As needed
AF fine tune	--
Firmware version	Newest version

Custom Setting Menus		
C Custom setting bank	B	
R Reset custom settings	--	
a1 AF-C priority select	Release	
a2 AF-S priority select	Focus	
a3 Dynamic AF area	21 points	
a4 Focus lock-on	Normal	
a5 AF Activation	Shutter/AF-ON	
a6 AF point illumination	On	
a7 Focus point wrap	Wrap	
a8 AF point selection	51 points	
a9 Built-in AF-assist	Off	
a10 AF-ON MB-D10	AE lock only	
b1 ISO sensitivity step	1/3	
b2 EV steps for expos.	1/3	
b3 Exp Comp/Fine Tune	1/3	
b4 Easy exp. comp.	Off	
b5 Center-weight area	8mm	
b6 Fine tune opt. exp.	0 for all meters	
c1 Shutter-release AE-L	Off	
c2 Auto meter-off del.	8s	
c3 Self-timer delay	Dep. on situation	
c4 Monitor off delay	10s	
d1 Beep	Off	
d2 Viewfinder grid disp.	On	
d3 Viewfinder warning	Off	
d4 CL mode shoot spd.	1 fps	
d5 Max cont. release	100	
d6 File No. Sequence	On	
d7 Shooting info display	Auto	
d8 LCD illumination	Off	
d9 Exposure del. Mode	Off	
d10 MB-D10 battery	Dep. on batteries	
d11 Battery order	Dep. on batteries	
e1 Flash Sync Speed	1/320s (Auto FP)	
e2 Flash shutter speed	1/60	
e3 Built-in flash	Dep. on situation	
e4 Modeling flash	On	
e5 Auto Bracket Set	AE Only	
e6 Auto bkt. (Mode M)	Flash/Speed	
e7 Bracketing order	Under > MTR > Over	
f1 Center Button	Shooting Mode, RESET	
f1 Center Button	P'back Mode, Zoom, Med. mag.	
f2 Multi-Selector	Do Nothing	
f3 Photo Info/Playback	Off	
f4 Assign FUNC. button	Press: Flash Off	
	Dials: Auto bracketing	
f5 Assign Preview button	Press: Preview	
f6 Assign AE-L/AF-L	Press: AE lock only	
	Dials: choose non-CPU lens	
f7 Cust. command dials	OFF, OFF, ON, ON	
f8 Release button dial	OFF	
f9 No Memory Card?	Release locked	
f10 Reverse indicators	Default (+ . . . 0 . . . -)	

Playback Menu	
Delete	Selected
Playback folder	Default
Hide image	Default
Display mode	All Selected
Image review	On
After delete	Show Next
Rotate tall	Off
Slide show	Default
Print set (DPOF)	Default

Nikon D300 Setup Guide

For Sports and Action Photography

External Controls	
Exposure Mode	Aperture Priority (f2.8)
Metering Mode	3D Matrix Metering
Focus Pattern	Dynamic-area AF
Bracketing	Off
Shooting Mode	CH (Continuous High)
WB	Variable, dep. on situation
ISO	200 - Hi 1.0 dep. on situation
QUAL	RAW
Autofocus Mode	AF-C

Shooting Menu	
Shooting Menu Bank	C
Menu Reset	Default
Active Folder	Default
File Naming	MJH
Image quality	RAW
Image Size	N/A
JPEG Compression	Optimal Quality
NEF (RAW) recording	
Type	Lossless Compressed
bit depth	12
White Balance	Variable, dep. on situation
Set Picture Control	Vivid
Manage Picture Control	Default
Color Space	Adobe
Active D-Lighting	Off
Long Exp. NR	Off (until needed)
High ISO NR	Off
ISO Sensitivity Settings	100 - 800 dep. on situation
auto control	Off
Live view	
Live view mode	Hand-held
Release mode	CH
Multiple Exposure	Off (until needed)
Intvl Timer Shooting	Off (until needed)

Setup Menu	
Format memory card	Default
LCD Brightness	0
Clean image sensor	Clean at startup/shutdown
Lock mirror up cleaning	As needed
Video Mode	NTSC
HDMI	Auto
World Time	--
Language	En
Image comment	On (Copyright Mike Hagen)
Auto image rotation	On
USB	Dep. on situation
Dust off ref photo	Default
Battery info	--
Wireless Transmitter	--
Image authentication	As needed
Save/load settings	--
GPS	--
Non-CPU lens data	As needed
AF fine tune	--
Firmware version	Newest version

Custom Setting Menus	
C Custom setting bank	C
R Reset custom settings	--
a1 AF-C priority select	Release
a2 AF-S priority select	Focus
a3 Dynamic AF area	21 points
a4 Focus lock-on	Long (also dep. on situation)
a5 AF Activation	Shutter/AF-ON
a6 AF point illumination	On
a7 Focus point wrap	Wrap
a8 AF point selection	51 points
a9 Built-in AF-assist	Off
a10 AF-ON MB-D10	AE lock only
b1 ISO sensitivity step	1/3
b2 EV steps for expos.	1/3
b3 Exp Comp/Fine Tune	1/3
b4 Easy exp. comp.	Off
b5 Center-weight area	8mm
b6 Fine tune opt. exp.	0 for all meters
c1 Shutter-release AE-L	Off
c2 Auto meter-off del.	8s
c3 Self-timer delay	Dep. on situation
c4 Monitor off delay	10s
d1 Beep	Off
d2 Viewfinder grid disp.	On
d3 Viewfinder warning	Off
d4 CL mode shoot spd.	1 fps
d5 Max cont. release	100
d6 File No. Sequence	On
d7 Shooting info display	Auto
d8 LCD illumination	Off
d9 Exposure del. Mode	Off
d10 MB-D10 battery	Dep. on batteries
d11 Battery order	Dep. on batteries
e1 Flash Sync Speed	1/320s (Auto FP)
e2 Flash shutter speed	1/60
e3 Built-in flash	Dep. on situation
e4 Modeling flash	On
e5 Auto Bracket Set	AE Only
e6 Auto bkt. (Mode M)	Flash/Speed
e7 Bracketing order	Under > MTR > Over
f1 Center Button	Shooting Mode, RESET
f1 Center Button	P'back Mode, Zoom, Med. mag.
f2 Multi-Selector	Do Nothing
f3 Photo Info/Playback	Off
f4 Assign FUNC. button	Press: Spot Metering
	Dials: Auto bracketing
f5 Assign Preview button	Press: Preview
f6 Assign AE-L/AF-L	Press: AE lock only
	Dials: choose non-CPU lens
f7 Cust. command dials	OFF, OFF, ON, ON
f8 Release button dial	OFF
f9 No Memory Card?	Release locked
f10 Reverse indicators	Default (+ . . . 0 . . . -)

Playback Menu	
Delete	Selected
Playback folder	Default
Hide image	Default
Display mode	All Selected
Image review	On
After delete	Show Next
Rotate tall	Off
Slide show	Default
Print set (DPOF)	Default

Nikon D300 Setup Guide

For Point and Shoot Photography

External Controls	
Exposure Mode	Program
Metering Mode	3D Matrix Metering
Focus Pattern	Auto-area AF
Bracketing	Off
Shooting Mode	Ch (Continuous High)
WB	Auto
ISO	200
QUAL	RAW
Autofocus Mode	AF-C

Shooting Menu	
Shooting Menu Bank	D
Menu Reset	Default
Active Folder	Default
File Naming	MJH
Image quality	RAW
Image Size	N/A
JPEG Compression	Optimal Quality
NEF (RAW) recording	
Type	Lossless Compressed
bit depth	12
White Balance	Variable, dep. on situation
Set Picture Control	Vivid
Manage Picture Control	Default
Color Space	Adobe
Active D-Lighting	Off
Long Exp. NR	Off (until needed)
High ISO NR	Off
ISO Sensitivity Settings	200
auto control	On (3200 max, 1/60s)
Live view	
Live view mode	Hand-held
Release mode	CH
Multiple Exposure	Off (until needed)
Intvl Timer Shooting	Off (until needed)

Setup Menu	
Format memory card	Default
LCD Brightness	0
Clean image sensor	Clean at startup/shutdown
Lock mirror up cleaning	As needed
Video Mode	NTSC
HDMI	Auto
World Time	--
Language	En
Image comment	On (Copyright Mike Hagen)
Auto image rotation	On
USB	Dep. on situation
Dust off ref photo	Default
Battery info	--
Wireless Transmitter	--
Image authentication	As needed
Save/load settings	--
GPS	--
Non-CPU lens data	As needed
AF fine tune	--
Firmware version	Newest version

Custom Setting Menus	
C Custom setting bank	D
R Reset custom settings	--
a1 AF-C priority select	Release
a2 AF-S priority select	Focus
a3 Dynamic AF area	51 points (3D-tracking)
a4 Focus lock-on	Normal
a5 AF Activation	Shutter/AF-ON
a6 AF point illumination	On
a7 Focus point wrap	Wrap
a8 AF point selection	51 points
a9 Built-in AF-assist	On
a10 AF-ON MB-D10	AE lock only
b1 ISO sensitivity step	1/3
b2 EV steps for expos.	1/3
b3 Exp Comp/Fine Tune	1/3
b4 Easy exp. comp.	Off
b5 Center-weight area	8mm
b6 Fine tune opt. exp.	0 for all meters
c1 Shutter-release AE-L	Off
c2 Auto meter-off del.	8s
c3 Self-timer delay	Dep. on situation
c4 Monitor off delay	10s
d1 Beep	High
d2 Viewfinder grid disp.	On
d3 Viewfinder warning	On
d4 CL mode shoot spd.	1 fps
d5 Max cont. release	100
d6 File No. Sequence	On
d7 Shooting info display	Auto
d8 LCD illumination	On
d9 Exposure del. Mode	Off
d10 MB-D10 battery	Dep. on batteries
d11 Battery order	Dep. on batteries
e1 Flash Sync Speed	1/320s (Auto FP)
e2 Flash shutter speed	1/60
e3 Built-in flash	Dep. on situation
e4 Modeling flash	On
e5 Auto Bracket Set	AE Only
e6 Auto bkt. (Mode M)	Flash/Speed
e7 Bracketing order	Under > MTR > Over
f1 Center Button	Shooting Mode, RESET
f1 Center Button	P'back Mode, Zoom, Med. mag.
f2 Multi-Selector	Do Nothing
f3 Photo Info/Playback	Off
f4 Assign FUNC. button	Press: Spot Metering
	Dials: Auto bracketing
f5 Assign Preview button	Press: Preview
f6 Assign AE-L/AF-L	Press: AE lock only
	Dials: choose non-CPU lens
f7 Cust. command dials	OFF, OFF, ON, ON
f8 Release button dial	OFF
f9 No Memory Card?	Release locked
f10 Reverse indicators	Default (+ . . . 0 . . . -)

Playback Menu	
Delete	Selected
Playback folder	Default
Hide image	Default
Display mode	All Selected
Image review	On
After delete	Show Next
Rotate tall	Off
Slide show	Default
Print set (DPOF)	Default