

## Nikon D90 Setup Guide

For Nature, Landscape and Travel Photography

External Controls	
Exposure Mode	Aperture Priority
Metering Mode	3D Matrix Metering
Bracketing	Off (unless HDR photography)
Shooting Mode	CH (Continuous High)
WB	Variable, dep. on situation
ISO	200 - 800 dep. on situation
QUAL	RAW
Autofocus Mode	AF-S or AF-C

Shooting Menu	
Set Picture Control	Landscape
Manage Picture Control	Default
Image quality	RAW
Image size	N/A
White balance	Variable, dep. on situation
ISO sensitivity settings	100 - 800 dep. on situation
auto control	Off
Active D-Lighting	High
Color Space	Adobe
Long exp. NR	Off (until needed)
High ISO NR	Off
Active folder	Default
Multiple exposure	Off (until needed)
Movie settings	Quality 1280x720, Sound on

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
Dust off ref photo	Default
Battery info	--
GPS	--
Firmware version	Newest version

Retouch Menu	
Use as necessary	

My Menu	
e2 Built-in flash	
f3 Assign FUNC button	
f4 Assign AE-L/AF-L	

Custom Setting Menus	
a1 AF-area mode	Dynamic area
a2 Center focus point	Normal zone
a3 Built-in AF asst. ill.	Off
a4 AF point illumination	On
a5 Focus pt wrap-around	Wrap
a6 AE-L/AF-L MB-D80	AE lock only
a7 Live view autofocus	Normal area
b1 EV steps	1/3 step
b2 Easy exp. comp	Off
b3 Center weight area	8mm
b4 Fine tune exp	all at 0EV
c1 Shutter-release AE-L	Off
c2 Auto meter-off del.	8s
c3 Self-timer delay	Dep. on situation
c4 Monitor off delay	10s, 1m, 10s, 10s
c5 Remote on duration	15 min
d1 Beep	Off
d2 Viewfinder grid disp.	On
d3 ISO disp. & adjust.	Show frame count
d4 Viewfinder warn disp.	On
d5 Screen tips	On
d6 CL mode speed	1 fps
d7 File no. sequence	On
d8 Shoot info displ.	Auto
d9 LCD illumination	Off
d10 Exp. delay mode	Off
d11 Flash warning	Off
d12 MB-D80 batt.	Depends on batteries used.
e1 Flash shutter speed	1/60 s
e2 Built-in flash	TTL (unless doing wireless)
e3 Modeling flash	On
e4 Auto bracket Set	AE only
e5 Auto FP	On
e6 Bracketing order	Under > Meter > Over
f1 LCD light switch	Both
f2 OK button	Select center focus point
f3 Assign FUNC button	Spot meter
f4 Assign AE-L/AF-L	AE lock only
f5 Customize cmd dials	No, Off, Off
f6 No memory card?	Release locked
f7 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
Pictmotion	Default
Slide show	Default
Print set (DPOF)	Default

## Nikon D90 Setup Guide

For Portrait and Wedding Photography

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

Shooting Menu	
Set Picture Control	Portrait
Manage Picture Control	Default
Image quality	RAW or JPG Fine
Image size	Large
White balance	Variable, dep. on situation
ISO sensitivity settings	200 - 1600 dep. on situation
auto control	Off
Active D-Lighting	Off
Color Space	sRGB
Long exp. NR	Off (until needed)
High ISO NR	Off
Active folder	Default
Multiple exposure	Off (until needed)
Movie settings	Quality 1280x720, Sound on

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
Dust off ref photo	Default
Battery info	--
GPS	--
Firmware version	Newest version

Retouch Menu	
Use as necessary	

My Menu	
e2 Built-in flash	
f3 Assign FUNC button	
f4 Assign AE-L/AF-L	

Custom Setting Menus	
a1 AF-area mode	Dynamic area
a2 Center focus point	Normal zone
a3 Built-in AF asst. ill.	Off
a4 AF point illumination	On
a5 Focus pt wrap-around	Wrap
a6 AE-L/AF-L MB-D80	AE lock only
a7 Live view autofocus	Normal area
b1 EV steps	1/3 step
b2 Easy exp. comp	Off
b3 Center weight area	8mm
b4 Fine tune exp	all at 0EV
c1 Shutter-release AE-L	Off
c2 Auto meter-off del.	8s
c3 Self-timer delay	Dep. on situation
c4 Monitor off delay	10s, 1m, 10s, 10s
c5 Remote on duration	15 min
d1 Beep	Off
d2 Viewfinder grid disp.	On
d3 ISO disp. & adjust.	Show frame count
d4 Viewfinder warn disp.	On
d5 Screen tips	On
d6 CL mode speed	1 fps
d7 File no. sequence	On
d8 Shoot info displ.	Auto
d9 LCD illumination	Off
d10 Exp. delay mode	Off
d11 Flash warning	Off
d12 MB-D80 batt.	Depends on batteries used.
e1 Flash shutter speed	1/60 s
e2 Built-in flash	TTL (unless doing wireless)
e3 Modeling flash	On
e4 Auto bracket Set	AE only
e5 Auto FP	On
e6 Bracketing order	Under > Meter > Over
f1 LCD light switch	Both
f2 OK button	Select center focus point
f3 Assign FUNC button	Flash off
f4 Assign AE-L/AF-L	AE lock only
f5 Customize cmd dials	No, Off, Off
f6 No memory card?	Release locked
f7 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
Pictmotion	Default
Slide show	Default
Print set (DPOF)	Default

## Nikon D90 Setup Guide

### For Sports and Action Photography

External Controls	
Exposure Mode	Aperture Priority
Metering Mode	3D Matrix Metering
Bracketing	Off (unless HDR photography)
Shooting Mode	CH (Continuous High)
WB	Variable, dep. on situation
ISO	200 - 3200 dep. on situation
QUAL	RAW or JPG Fine
Autofocus Mode	AF-C

Shooting Menu	
Set Picture Control	Vivid
Manage Picture Control	Default
Image quality	RAW or JPG Fine
Image size	Large
White balance	Variable, dep. on situation
ISO sensitivity settings	200 - 3200 dep. on situation
auto control	Off
Active D-Lighting	Off
Color Space	Adobe
Long exp. NR	Off (until needed)
High ISO NR	Off
Active folder	Default
Multiple exposure	Off (until needed)
Movie settings	Quality 1280x720, Sound on

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
Dust off ref photo	Default
Battery info	--
GPS	--
Firmware version	Newest version

Retouch Menu	
Use as necessary	

My Menu	
e2 Built-in flash	
f3 Assign FUNC button	
f4 Assign AE-L/AF-L	

Custom Setting Menus	
a1 AF-area mode	3D-tracking (11 points)
a2 Center focus point	Wide zone
a3 Built-in AF asst. ill.	Off
a4 AF point illumination	On
a5 Focus pt wrap-around	Wrap
a6 AE-L/AF-L MB-D80	AE lock only
a7 Live view autofocus	Wide area
b1 EV steps	1/3 step
b2 Easy exp. comp	Off
b3 Center weight area	8mm
b4 Fine tune exp	all at 0EV
c1 Shutter-release AE-L	Off
c2 Auto meter-off del.	8s
c3 Self-timer delay	Dep. on situation
c4 Monitor off delay	10s, 1m, 10s, 10s
c5 Remote on duration	15 min
d1 Beep	Off
d2 Viewfinder grid disp.	On
d3 ISO disp. & adjust.	Show frame count
d4 Viewfinder warn disp.	On
d5 Screen tips	On
d6 CL mode speed	1 fps
d7 File no. sequence	On
d8 Shoot info displ.	Auto
d9 LCD illumination	Off
d10 Exp. delay mode	Off
d11 Flash warning	Off
d12 MB-D80 batt.	Depends on batteries used.
e1 Flash shutter speed	1/60 s
e2 Built-in flash	TTL (unless doing wireless)
e3 Modeling flash	On
e4 Auto bracket Set	AE only
e5 Auto FP	On
e6 Bracketing order	Under > Meter > Over
f1 LCD light switch	Both
f2 OK button	Select center focus point
f3 Assign FUNC button	Spot meter
f4 Assign AE-L/AF-L	AE lock only
f5 Customize cmd dials	No, Off, Off
f6 No memory card?	Release locked
f7 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
Pictmotion	Default
Slide show	Default
Print set (DPOF)	Default

## Nikon D90 Setup Guide

### For Point and Shoot Photography

External Controls	
Exposure Mode	Aperture Priority
Metering Mode	3D Matrix Metering
Bracketing	Off (unless HDR photography)
Shooting Mode	CH (Continuous High)
WB	Variable, dep. on situation
ISO	Auto
QUAL	JPG Fine
Autofocus Mode	AF-C

Shooting Menu	
Set Picture Control	Vivid
Manage Picture Control	Default
Image quality	JPG Fine
Image size	Large
White balance	Auto
ISO sensitivity settings	Auto
auto control	On (3200, 1/60s)
Active D-Lighting	High
Color Space	sRGB
Long exp. NR	Off (until needed)
High ISO NR	Normal
Active folder	Default
Multiple exposure	Off (until needed)
Movie settings	Quality 1280x720, Sound on

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
Dust off ref photo	Default
Battery info	--
GPS	--
Firmware version	Newest version

Retouch Menu	
Use as necessary	

My Menu	
e2 Built-in flash	
f3 Assign FUNC button	
f4 Assign AE-L/AF-L	

Custom Setting Menus	
a1 AF-area mode	Auto area
a2 Center focus point	Wide zone
a3 Built-in AF asst. ill.	On
a4 AF point illumination	On
a5 Focus pt wrap-around	Wrap
a6 AE-L/AF-L MB-D80	AE lock only
a7 Live view autofocus	Wide area
b1 EV steps	1/3 step
b2 Easy exp. comp	Off
b3 Center weight area	8mm
b4 Fine tune exp	all at 0EV
c1 Shutter-release AE-L	Off
c2 Auto meter-off del.	8s
c3 Self-timer delay	Dep. on situation
c4 Monitor off delay	10s, 1m, 10s, 10s
c5 Remote on duration	15 min
d1 Beep	On
d2 Viewfinder grid disp.	On
d3 ISO disp. & adjust.	Show frame count
d4 Viewfinder warn disp.	On
d5 Screen tips	On
d6 CL mode speed	1 fps
d7 File no. sequence	On
d8 Shoot info displ.	Auto
d9 LCD illumination	Off
d10 Exp. delay mode	Off
d11 Flash warning	On
d12 MB-D80 batt.	Depends on batteries used.
e1 Flash shutter speed	1/60 s
e2 Built-in flash	TTL (unless doing wireless)
e3 Modeling flash	On
e4 Auto bracket Set	AE only
e5 Auto FP	On
e6 Bracketing order	Under > Meter > Over
f1 LCD light switch	Both
f2 OK button	Select center focus point
f3 Assign FUNC button	Framing grid
f4 Assign AE-L/AF-L	AE lock only
f5 Customize cmd dials	No, Off, Off
f6 No memory card?	Release locked
f7 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
Pictmotion	Default
Slide show	Default
Print set (DPOF)	Default