

Nikon

NIKKOR

NIKKOR Z 100-400mm f/4.5-5.6 VR S

Reference Guide

- Read this document thoroughly before using the product.
- To ensure proper use of the product, be sure to read "For Your Safety" (page 5).
- After reading this document, keep it readily accessible for future reference.

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Introduction

Before You Begin

Before using this product, please read these instructions carefully. You will also need to consult the documentation provided with the camera.

- This lens is intended exclusively for use with mirrorless cameras featuring a Nikon Z mount.
- Update the camera firmware to the latest version. With earlier versions, the camera may fail to detect the lens correctly and some features may not be available. The latest version of the camera firmware can be downloaded from the Nikon Download Center at the URL below.


<https://downloadcenter.nikonimglib.com/>


No reproduction in any form of this document, in whole or in part (except for brief quotation in critical articles or reviews), may be made without written authorization from NIKON CORPORATION.

For Your Safety

To prevent damage to property or injury to yourself or to others, read "For Your Safety" in its entirety before using this product.

After reading these safety instructions, keep them readily accessible for future reference.

 **WARNING:** Failure to observe the precautions marked with this icon could result in death or severe injury.

 **CAUTION:** Failure to observe the precautions marked with this icon could result in injury or property damage.

WARNING

Do not disassemble or modify this product. Do not touch internal parts that become exposed as the result of a fall or other accident.

Failure to observe these precautions could result in electric shock or other injury.

Should you notice any abnormalities such as the product producing smoke, heat, or unusual odors, immediately disconnect the camera power source.

Continued operation could result in fire, burns or other injury.

 **WARNING**

Keep dry. Do not handle with wet hands.

Failure to observe these precautions could result in fire or electric shock.

Do not use this product in the presence of flammable dust or gas such as propane, gasoline or aerosols.

Failure to observe this precaution could result in explosion or fire.

Do not directly view the sun or other bright light source through the lens.

Failure to observe this precaution could result in visual impairment.

Keep this product out of reach of children.

Failure to observe this precaution could result in injury or product malfunction.

In addition, note that small parts constitute a choking hazard. Should a child swallow any part of this product, seek immediate medical attention.

Do not handle with bare hands in locations exposed to extremely high or low temperatures.

Failure to observe this precaution could result in burns or frostbite.

 **CAUTION**

Do not leave the lens pointed at the sun or other strong light sources.

Light focused by the lens could cause fire or damage to product's internal parts. When shooting backlit subjects, keep the sun well out of the frame. Sunlight focused into the camera when the sun is close to the frame could cause fire.

Do not leave the product where it will be exposed to extremely high temperatures, for an extended period such as in an enclosed automobile or in direct sunlight.

Failure to observe this precaution could result in fire or product malfunction.

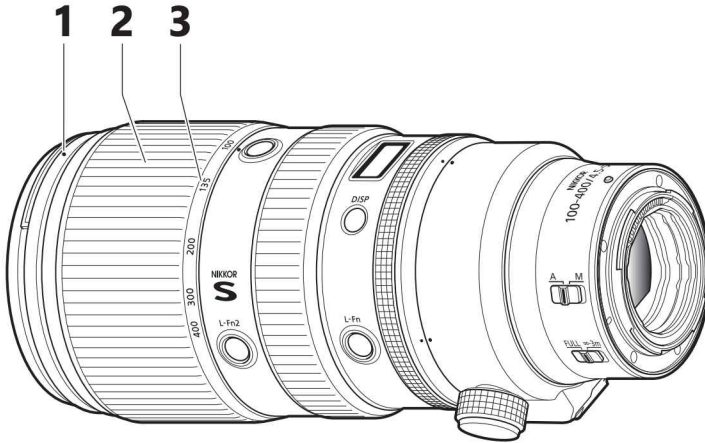
Do not transport cameras or lenses with tripods or similar accessories attached.

Failure to observe this precaution could result in injury or product malfunction.

Using the Lens

Parts of the Lens: Names and Functions

The parts of the lens are listed below.



1 Lens hood mounting mark

Use when attaching the lens hood.

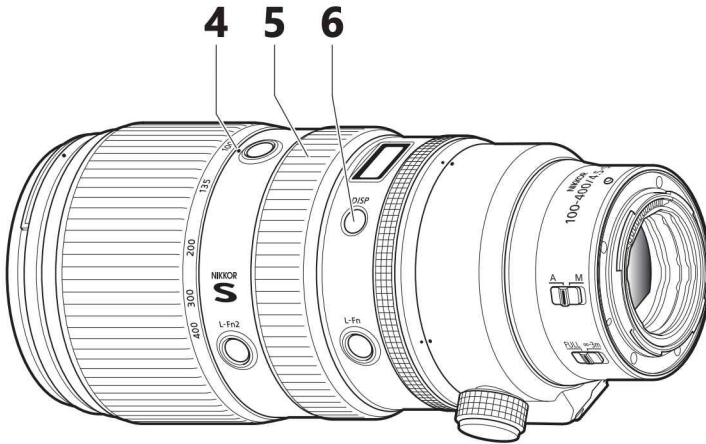
 ["Attaching and Removing the Lens Hood" \(p.27\)](#)

2 Zoom ring

Rotate the ring to zoom in or out.

3 Focal length scale

Determine the approximate focal length when zooming the lens in or out.



4 Focal length mark

Determine the approximate focal length when zooming the lens in or out.

5 Focus ring

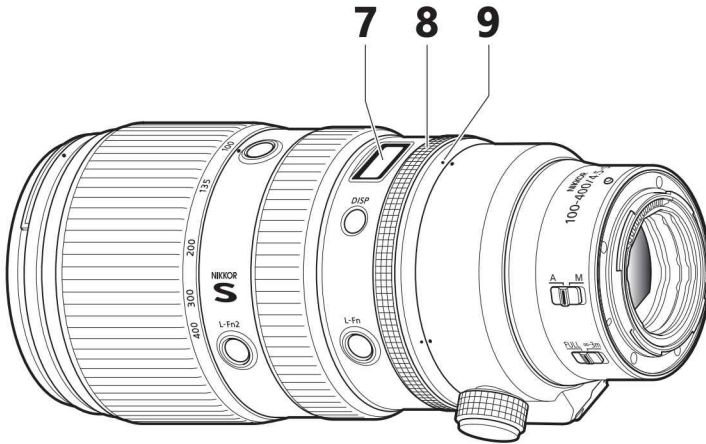
Use for manual focus.

- When focusing using autofocus, you can adjust focus manually by rotating the ring while the shutter-release button is pressed halfway; after focusing, press the shutter-release button the rest of the way down to shoot.

6 Display button (DISP)

Save settings or choose the information shown in the lens info panel.

 ["The Lens Info Panel" \(p.23\)](#), ["Panel Options" \(p.25\)](#)



7 Lens info panel

View focus distance, depth of field, and other information.

 ["The Lens Info Panel" \(p.23\)](#), ["Panel Options" \(p.25\)](#)

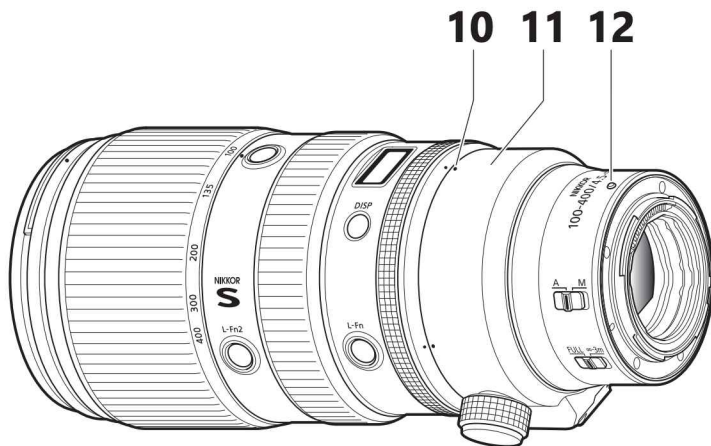
8 Control ring

Rotate to adjust a setting such as **[Aperture]** or **[Exposure compensation]** assigned using the camera. For more information, see the description of **[Custom control assignment]**, **[Custom controls]**, or **[Custom controls (shooting)]** in the documentation provided with the camera.

9 Lens rotation index

Use when rotating the camera to shoot in landscape ("wide") or portrait ("tall") orientation.

 ["Using the Tripod Collar" \(p.29\)](#)



10 Tripod collar ring rotation index

Use when rotating the camera to shoot in landscape (“wide”) or portrait (“tall”) orientation.

 [“Using the Tripod Collar” \(p.29\)](#)

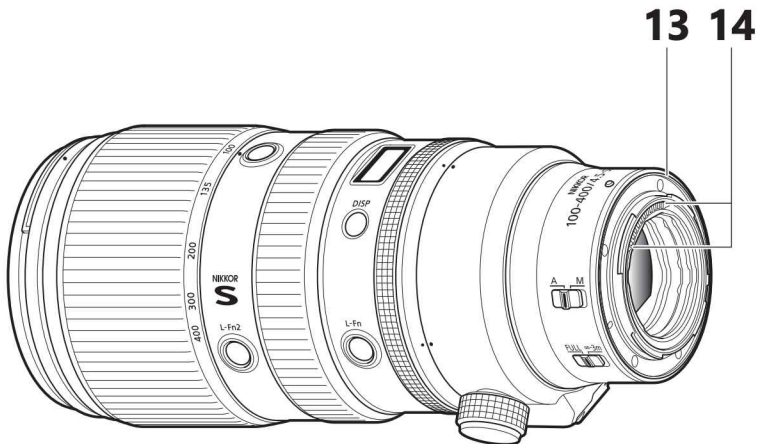
11 Tripod collar ring

 [“Using the Tripod Collar” \(p.29\)](#)

12 Lens mounting mark

Use when mounting the lens on the camera.

 [“Attachment and Removal” \(p.20\)](#)



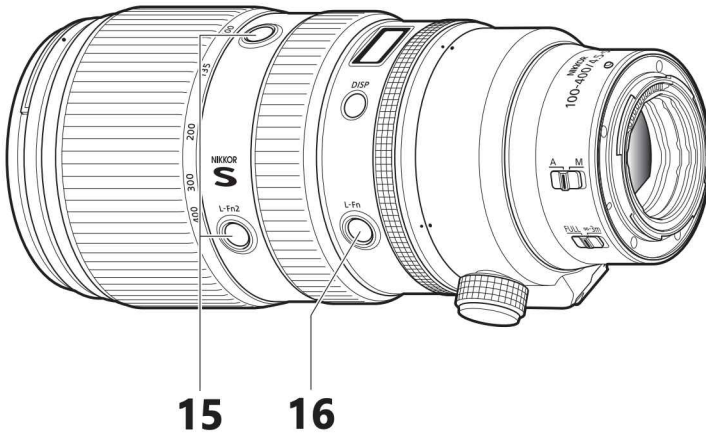
13 Rubber lens-mount gasket

Helps prevent the ingress of water droplets or dust along the surfaces where the lens and camera meet when the lens is mounted on the camera. *

* *There is no guarantee that the gasket is completely proof against the ingress of water droplets or dust in all circumstances.*

14 CPU contacts

Used to transfer data to and from the camera.

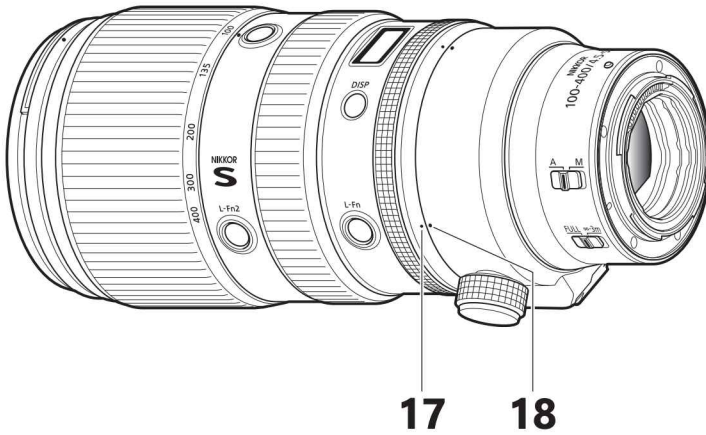


15 L-Fn2 button (×4)

Press to perform a function assigned using the camera. For more information, see the description of [**Custom control assignment**], [**Custom controls**], or [**Custom controls (shooting)**] in the documentation provided with the camera.

16 L-Fn button

Press to perform a function assigned using the camera. For more information, see the description of [**Custom control assignment**], [**Custom controls**], or [**Custom controls (shooting)**] in the documentation provided with the camera.



17 **18**

17 Lens rotation index (90°)

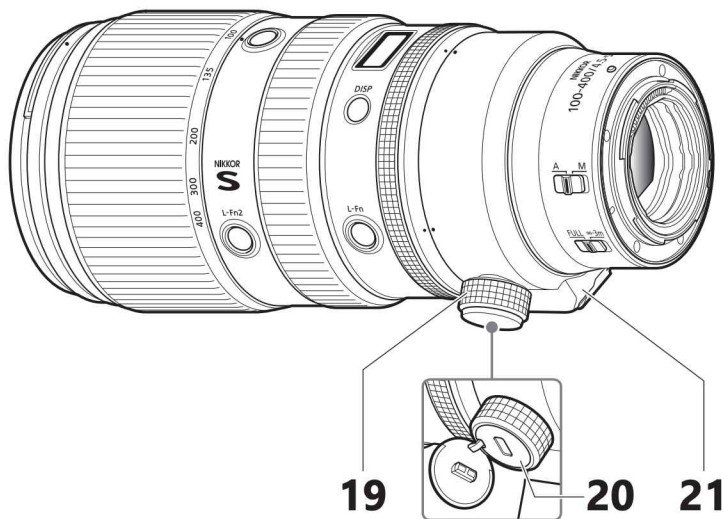
Use when rotating the camera to shoot in landscape (“wide”) or portrait (“tall”) orientation.

 [“Using the Tripod Collar” \(p.29\)](#)

18 Tripod collar ring rotation index (90°)

Use when rotating the camera to shoot in landscape (“wide”) or portrait (“tall”) orientation.

 [“Using the Tripod Collar” \(p.29\)](#)



19 Tripod collar ring attachment screw

Fix the tripod collar ring in place.

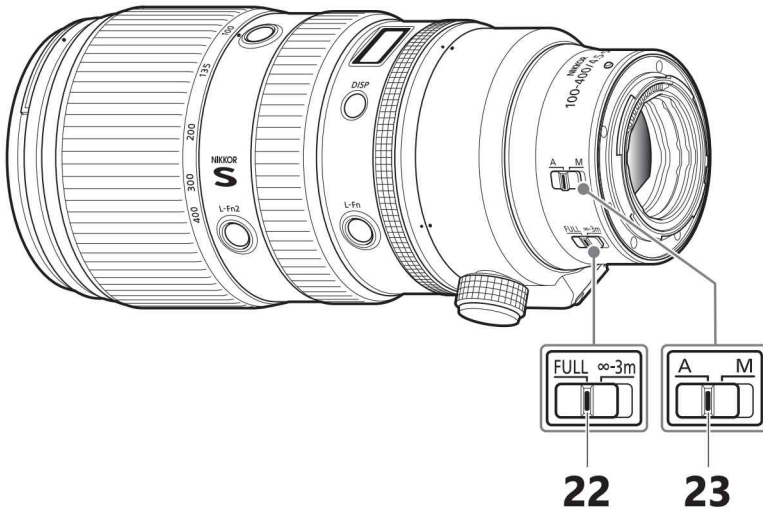
 ["Using the Tripod Collar" \(p.29\)](#)

20 Security slot (for anti-theft cable)

Attach a third-party anti-theft cable. For more information, see the documentation provided with the cable.

21 Tripod collar mounting foot

 ["Using the Tripod Collar" \(p.29\)](#)



22 Focus limit switch

Choose the autofocus range.

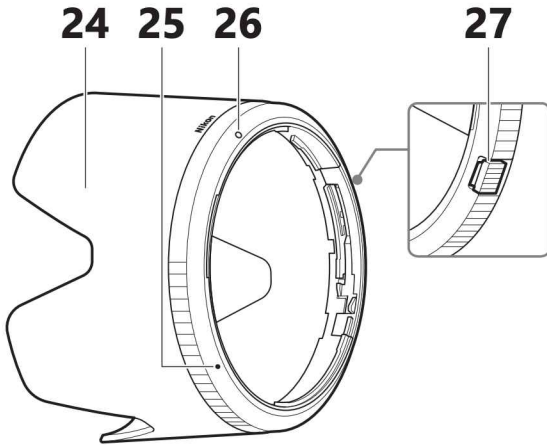
- **FULL**: Choose to focus on subjects at any distance between 0.75 m (2.46 ft) and ∞ .
- **$\infty - 3$ m**: Focus is limited to distances of 3 m (9.85 ft) and more. Select this option for faster focusing if your subject will always be at distance of at least 3 m (9.85 ft).

23 Focus-mode switch

Choose a focus mode.

- **A**: Autofocus
- **M**: Manual focus

Note that regardless of the setting chosen, focus must be adjusted manually when manual focus mode is selected using camera controls.



24 Lens hood

Lens hoods block stray light that would otherwise cause flare or ghosting. They also serve to protect the lens.

 ["Attaching and Removing the Lens Hood" \(p.27\)](#)

25 Lens hood alignment mark

Use when attaching the lens hood.

 ["Attaching and Removing the Lens Hood" \(p.27\)](#)

26 Lens hood lock mark

Use when attaching the lens hood.

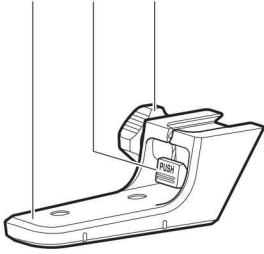
 ["Attaching and Removing the Lens Hood" \(p.27\)](#)

27 Lens hood lock release button

Use when removing the lens hood.

 ["Attaching and Removing the Lens Hood" \(p.27\)](#)

28 29 30



28 Tripod collar

Use when attaching a tripod to the camera on which the lens is mounted.

 ["Using the Tripod Collar" \(p.29\)](#)

29 Tripod collar lock release

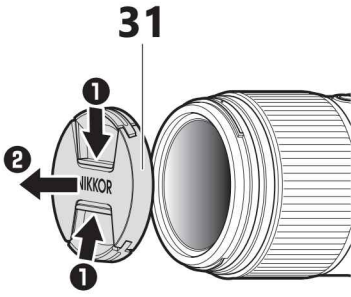
Use when removing the tripod collar from the tripod collar mounting foot.

 ["Using the Tripod Collar" \(p.29\)](#)

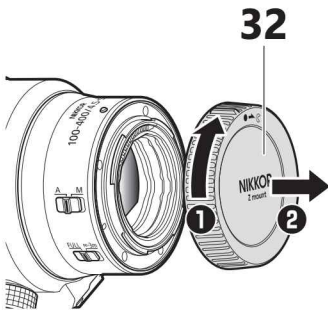
30 Tripod collar lock screw

Secure the tripod collar after attaching it to the tripod collar mounting foot.

 ["Using the Tripod Collar" \(p.29\)](#)



31 Lens cap (front cap)

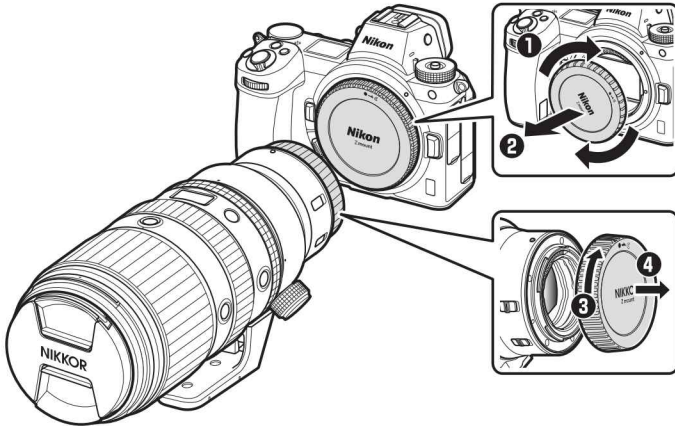


32 Lens cap (rear cap)

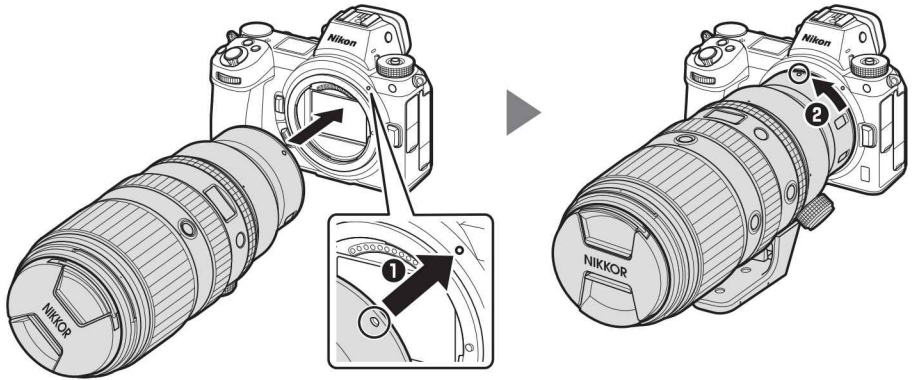
Attachment and Removal

Attaching the Lens

1. Turn the camera off, remove the body cap, and detach the rear lens cap.



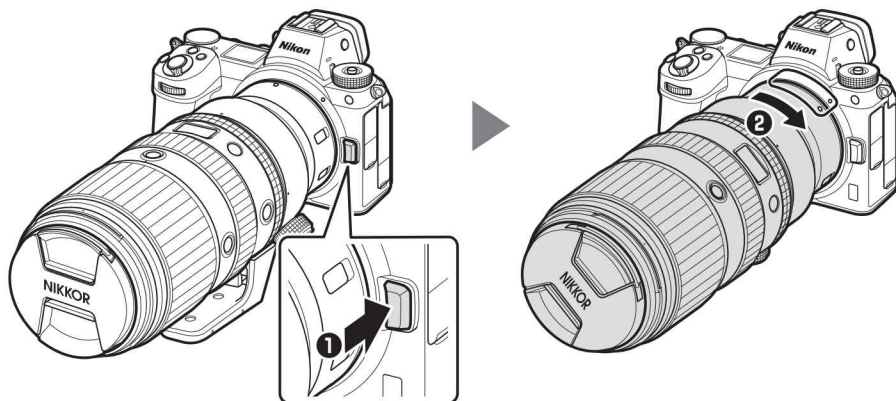
2. Position the lens on the camera body, keeping the mounting mark on the lens aligned with the mounting mark on the camera body (1), and then rotate the lens counterclockwise (2) until it clicks into place.



Removing the Lens

1. Turn the camera off.

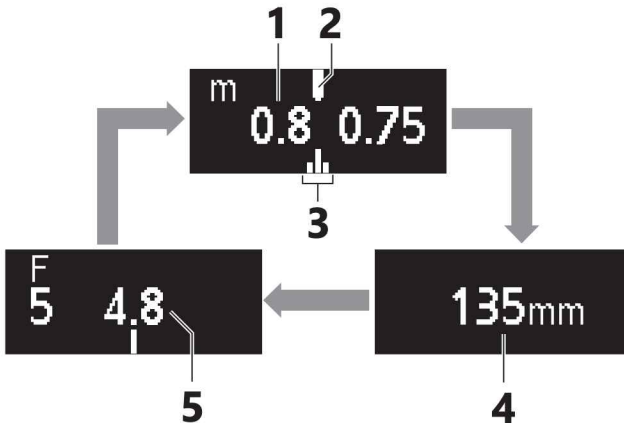
2. Press and hold the lens release button (1) while turning the lens clockwise (2).



The Lens Info Panel

The lens Info panel lights when the lens is attached to a camera and the camera is on.

- Press the lens display button to cycle the display as shown:



- 1 Focus distance
- 2 Minimum focus distance index¹
- 3 Depth of field²
- 4 Focal length
- 5 Aperture³

- 1 Shows the approximate minimum focus distance at the current focal length. The minimum focus distance varies with the zoom position.
- 2 Depth of field is displayed when the camera is in mode **A** or **M**.

3 Aperture is displayed only when the camera is in mode **A** or **M**. The display for other modes is shown in the illustration.



- The panel turns off automatically when the camera standby timer expires or if no lens operations are performed for about 10 seconds. Press the display button to reactivate the display.

 **The Lens Info Panel**

The focus distance, depth of field, and other information displayed in the lens Info panel are approximations only.

Panel Options

Follow the steps below to choose the units for focus distance from meters (**m**) or feet (**ft**) or adjust the brightness of the lens Info panel.

1. Press and hold the display button to view settings.

- Unit or brightness selection options will be displayed. The currently selected item will flash.
- Press the display button to toggle between displays.



Units



Brightness

2. Choose a setting using the lens control ring.

Units

Rotate the control ring to choose from meters (**m**) or feet (**ft**).



Brightness

Rotate the control ring in the “+” (brighter) or “-” (darker) direction.



Choose from 6 levels of brightness.

To turn the lens info panel off, rotate the ring in the “-” direction until the ☀️ icon changes to 🚫.



- Press the display button to save changes and toggle the display.
- If no operations are performed using lens controls for about 5 seconds, panel options will clear from the display. Any changes will be lost.

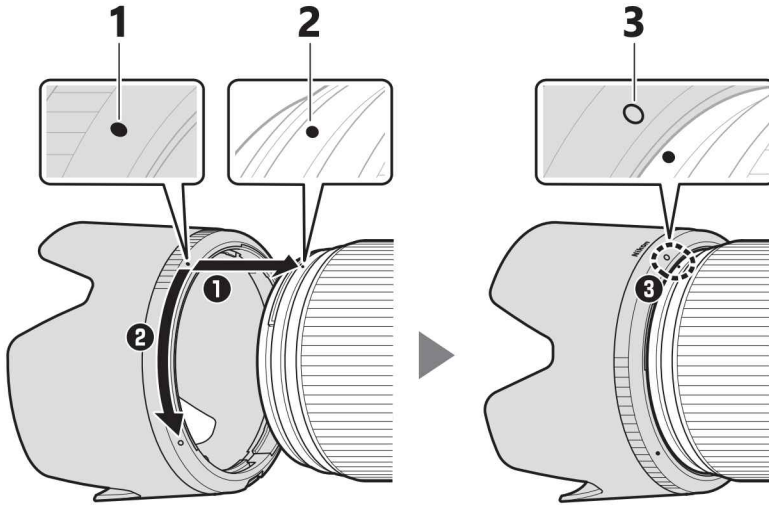
3. Press and hold the display button to return to the lens information display.

- Choosing 🚫 for brightness turns the lens info panel off. To turn the display on again, press and hold the display button.

Attaching and Removing the Lens Hood

Attaching the Lens Hood

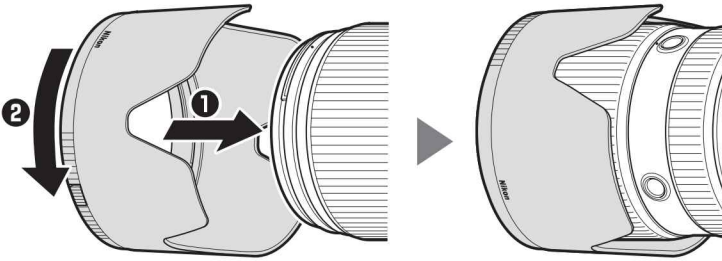
- Align the lens hood mounting mark with the lens hood alignment mark (❶) and then rotate the lens hood (❷) until the mounting mark is aligned with the lens hood lock mark (❸).



- ❶ Lens hood alignment mark
- ❷ Lens hood mounting mark
- ❸ Lens hood lock mark

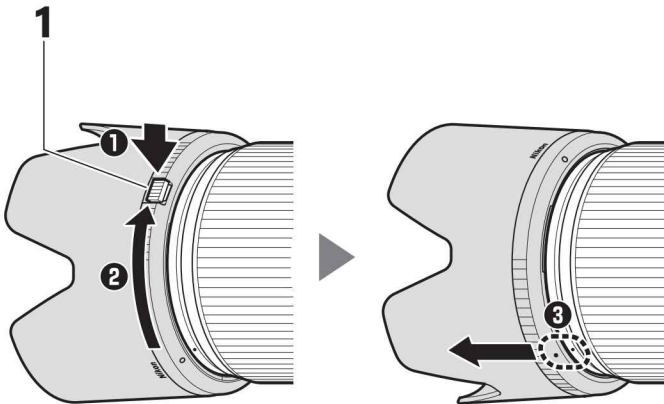
- Gripping the front too tightly makes the lens hood difficult to attach or remove. When rotating the lens hood, hold it near the lens hood alignment mark (●).

- The lens hood can be reversed and mounted on the lens when not in use.



Removing the Lens Hood

- Keeping the lens hood lock release button pressed (1), rotate the lens hood in the direction shown (2) and remove it from the lens (3).



1 *Lens hood lock release button*

- The same procedure can be used when the lens hood is reversed.

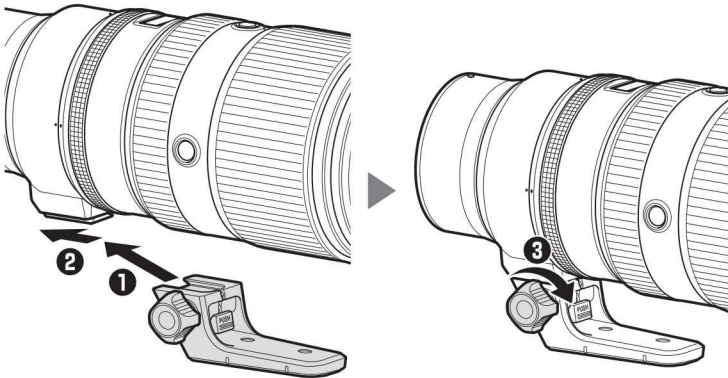
Using the Tripod Collar

Attach tripods to the tripod collar, not to the camera.

Be sure to securely tighten the tripod collar lock screw. Failure to observe this precaution may result in the lens unexpectedly separating from the tripod, causing injury.

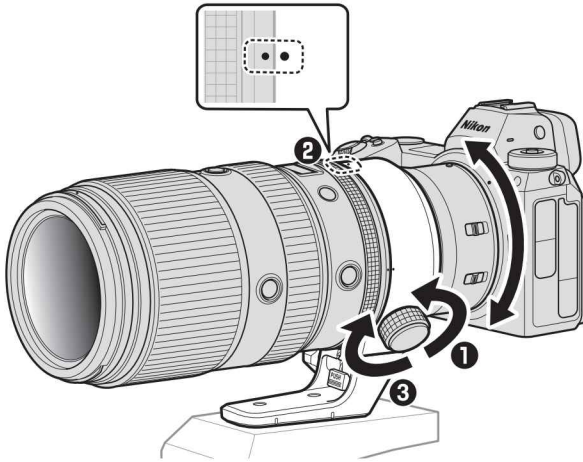
Attaching the Tripod Collar

Align the slot on the tripod collar with the tripod collar mounting foot (❶) and then slide the collar onto the foot, not stopping until the foot is at the back of the slot (❷). Fully tighten the tripod collar lock screw once the collar is in position (❸).



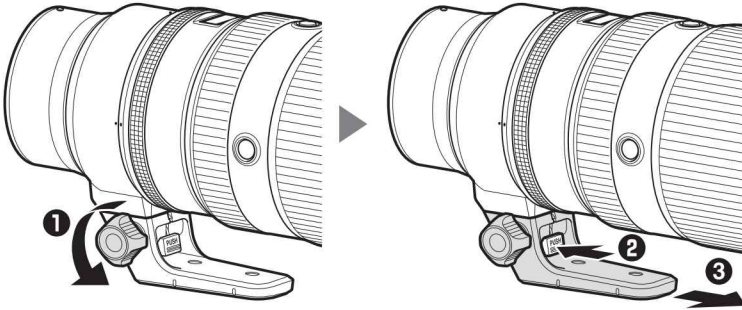
Rotating the Camera

After slightly loosening the tripod collar ring attachment screw (❶), rotate the camera (❷) to align the lens rotation index with the tripod collar ring rotation index that matches the desired orientation (landscape or portrait) and then tighten the screw (❸).



Removing the Tripod Collar

After fully loosening the tripod collar lock screw (1), keep the tripod collar lock release pressed (2) while sliding the collar from the mounting foot (3).



Vibration Reduction (VR)

The lens supports vibration reduction. Vibration reduction settings can be adjusted from the camera. See the documentation provided with the camera for details.

Vibration reduction allows shutter speeds slower than would otherwise be the case, expanding the range of shutter speeds available.

Vibration Reduction

- Due to the design of the vibration reduction system, the lens may rattle when shaken. This does not indicate a malfunction.
- To reduce blur caused by tripod shake, select **[Normal]** or **[Sport]** for the on-camera vibration reduction option when the camera is mounted on a tripod. Note, however, that depending on the type of tripod and shooting conditions, there may be cases in which **[Off]** is the preferred option.
- **[Normal]** or **[Sport]** is recommended when the camera is mounted on a monopod.

Precautions for Use

- Be sure to support the lens when holding the camera. Failure to observe this precaution could damage the camera lens mount.
- Do not pick up or hold the lens or camera using only the lens caps or lens hood.
- Keep the CPU contacts clean.
- Should the rubber lens-mount gasket be damaged, cease use immediately and take the lens to a Nikon-authorized service center for repair.
- Reattach the lens caps when the lens is not in use.
- Do not leave the lens in humid locations or in locations in which it may be exposed to moisture. Rusting of the internal mechanism can cause irreparable damage.
- Do not leave the lens next to open flames or in other extremely hot locations. Extreme heat could damage or warp the lens.
- Taking the lens from a warm to a cold environment or *vice versa* may cause damaging condensation inside and outside the lens. Place the lens in a sealed bag or plastic case before taking it across a temperature boundary. The lens can be taken from the bag or case once it has had time to adjust to the new temperature.
- We recommend that you place the lens in its case to protect it from scratches during transport.
- Nikon will not be held liable in the event that the lens is stolen or damaged while a third-party anti-theft cable is attached to the security slot.

Lens Maintenance

- Removing dust is normally sufficient to clean the glass surfaces of the lens.
- When cleaning the fluorine-coated front lens element:
 - Smudges, fingerprints, and other oily stains can be removed using a soft, clean cotton cloth or third-party lens cleaning tissue; clean from the center outwards using a circular motion.
 - To remove stubborn stains, wipe gently using a soft cloth lightly dampened with a small amount of distilled water, ethanol, or third-party lens cleaner.
 - Drop-shaped marks may form on fluorine-coated surfaces, which are highly water- and oil-repellent. Such marks can be removed with a dry cloth.
- When cleaning the rear lens element, which is not fluorine-coated:
 - Smudges, fingerprints, and other oily stains can be removed using a soft, clean cotton cloth or third-party lens cleaning tissue lightly dampened with a small amount of ethanol or third-party lens cleaner; clean from the center outwards in a circular motion. Be sure to clean evenly and thoroughly without leaving smears.
- Never use organic solvents such as paint thinner or benzene to clean the lens.
- Neutral Color (NC) filters (available separately) and the like can be used to protect the front lens element.
- Do not store the lens in direct sunlight or with naphtha or camphor moth balls. If the lens will not be used for an extended period, store it in a cool, dry location to prevent mold and rust.

Technical Notes

Cameras with AF-Assist Illuminators

The lens or lens hood may block the light from the camera AF-assist illuminator.

- For the information on using the lens with cameras that have built-in AF-assist illuminators, visit the site below.

<https://downloadcenter.nikonimglib.com/>

Using the Lens on Cameras with a Built-in Flash

Shadows will be visible in photos where light from the built-in flash is obscured by the lens or lens hood. Remove the lens hood before shooting. Note, however, that depending on the distance to the subject, and in the case of zoom lenses also on the lens focal length, shadows may appear even when the lens hood is removed.

- For the information on focal lengths and subject distances at which shadows will not appear in photos taken with a built-in flash, visit the site below.

<https://downloadcenter.nikonimglib.com/>

Accessories

Supplied Accessories

- LC-77B Lens Cap (front cap)
- LF-N1 Lens Cap (rear cap)
- HB-103 Lens Hood
- CL-C3 Lens Case

Using the Lens Case

- The case is intended to protect the lens from scratches, not from falls or other physical shocks.
- The case is not water resistant.
- The material used in the case may fade, bleed, stretch, shrink, or change color when rubbed or wet.
- Remove dust with a soft brush.
- Water and stains can be removed from the surface with a soft, dry cloth. Do not use alcohol, benzene, thinner, or other volatile chemicals.
- Do not store in locations exposed to direct sunlight or to high temperatures or humidity.
- Do not use the case to clean the monitor or lens elements.
- Be careful that the lens does not fall from the case during transport.

Material: Polyester

Other Compatible Accessories

- 77 mm filters
- Z TELECONVERTER TC-1.4×/TC-2.0×

☑ Filters

- Use only one filter at a time.
- Remove the lens hood before attaching filters. You will also need to remove the lens hood before rotating circular polarizing filters.

☑ Teleconverters

Depending on the subject, ambient lighting conditions, and the focus point selected, the camera may be unable to focus using autofocus or the focus indicator for electronic rangefinding may flicker while a teleconverter is attached.

Specifications

Mount	Nikon Z mount
Focal length	100 – 400 mm
Maximum aperture	f/4.5 – 5.6
Lens construction	25 elements in 20 groups (including 6 ED elements, 2 super-ED elements, elements with Nano Crystal and ARNEO coats, and a fluorine-coated front lens element)
Angle of view	FX format: 24°20' – 6°10'
	DX format: 16° – 4°
Focal length scale	Graduated in millimeters (100, 135, 200, 300, 400)
Focusing system	Internal focusing system
Vibration reduction	Lens shift using voice coil motors (VCMs)
Minimum focus distance (measured from focal plane)	<ul style="list-style-type: none">• 100 mm zoom position: 0.75 m (2.46 ft)• 135 mm zoom position: 0.78 m (2.56 ft)• 200 mm zoom position: 0.8 m (2.63 ft)• 300 mm zoom position: 0.87 m (2.86 ft)• 400 mm zoom position: 0.98 m (3.22 ft)
Maximum reproduction ratio	0.38×
Diaphragm blades	9 (rounded diaphragm opening)

Aperture range	<ul style="list-style-type: none"> • 100 mm zoom position: f/4.5 – 32 • 400 mm zoom position: f/5.6 – 40 <p>* <i>The value displayed at minimum aperture may vary with the exposure increment selected on the camera.</i></p>
Focus limit switch	Two positions: FULL (∞ – 0.75 m) and ∞ – 3 m
Filter-attachment size	77 mm (P = 0.75 mm)
Dimensions (maximum diameter × distance to end of lens from camera lens mount flange)	Approx. 98 mm × 222 mm (3.9 in. × 8.8 in.)
Weight (with tripod collar)	Approx. 1435 g (3 lb 2.7 oz)
Weight (without tripod collar)	Approx. 1355 g (2 lb 15.8 oz)

Nikon reserves the right to change the appearance, specifications, and performance of this product at any time and without prior notice.

Notices

Notices for Customers in the U.S.A.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Federal Communications Commission (FCC) Radio Frequency Interference Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/television technician for help.

CAUTIONS

• Modifications

The FCC requires the user to be notified that any changes or modifications made to this device that are not expressly approved by Nikon Corporation may void the user's authority to operate the equipment.

Nikon Inc., 1300 Walt Whitman Road, Melville, New York 11747-3064, U.S.A.
Tel.: 631-547-4200

Notices for Customers in Canada

CAN ICES-3 B / NMB-3 B

Notices for Customers in Europe

This symbol indicates that electrical and electronic equipment is to be collected separately.



The following apply only to users in European countries:

- This product is designated for separate collection at an appropriate collection point. Do not dispose of as household waste.
- Separate collection and recycling helps conserve natural resources and prevent negative consequences for human health and the environment that might result from incorrect disposal.
- For more information, contact the retailer or the local authorities in charge of waste management.