



Interchangeable Lens Digital Camera

α7C II

E-mount

Startup Guide

ILCE-7CM2

About the "Help Guide"



For detailed instructions on using the camera, refer to the "Help Guide" (web manual).

[https://rd1.sony.net/help/ilc/2360/h\\_zz/](https://rd1.sony.net/help/ilc/2360/h_zz/)  
ILCE-7CM2 Help Guide

Preparations

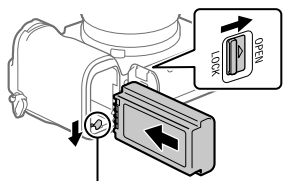
Checking the supplied items

The number in parentheses indicates the number of pieces.

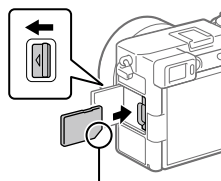
- Camera (1)
- Rechargeable battery pack NP-FZ100 (1)
- Shoulder strap (1)
- Body cap (1) (attached to the camera)
- Shoe cap (1) (attached to the camera)
- Startup Guide (this manual) (1)
- Reference Guide (1)

Inserting the battery pack (supplied)/memory card (sold separately) into the camera

Open the battery cover and the memory card cover, insert the battery/memory card, and close the covers.



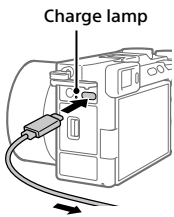
Insert the battery pack while pressing the lock lever.



Ensure the notched corner faces correctly.

This camera is compatible with SD memory cards. When you use a memory card with this camera for the first time, format the card using the camera in order to stabilize the performance of the memory card.

Charging the battery pack

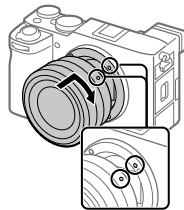


To an external power source

- 1 Turn the power off.
  - If the camera is turned on, the battery pack will not be charged.
- 2 Using a commercially available USB Type-C cable, connect the USB Type-C terminal on the camera to an external power source, such as a commercially available USB AC adapter or mobile battery.
  - The charge lamp will light up when charging starts. When the charge lamp turns off, charging is completed.

This camera is compatible with USB-PD (USB Power Delivery). When a device compatible with USB-PD is connected to the camera, fast charging is possible. We recommend using a USB-PD device that is compatible with an output of 9 V/3 A or 9 V/2 A.

Attaching a lens



Mounting indexes

- 1 Mount the lens by aligning the two white index marks (mounting indexes) on the lens and camera.
- 2 While pushing the lens lightly toward the camera, turn the lens slowly in the direction of the arrow until it clicks into the locked position.

Performing initial setup for the camera

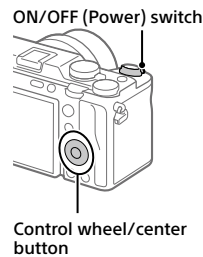
By establishing a Bluetooth connection (pairing) between the camera and a smartphone, you can perform initial camera setup such as date and time settings from the smartphone. Install the dedicated application on your smartphone in advance, and then follow steps 1 to 4 under "Procedures for initial camera setup."

Installing the dedicated smartphone application



Install the application from the following website. Also, update to the latest version of the dedicated application. The specifications of the dedicated application may change without notice.  
<https://www.sony.net/ca/>

Procedures for initial camera setup



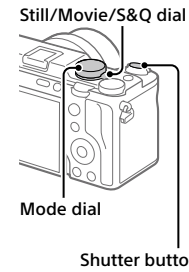
- 1 Set the ON/OFF (Power) switch to "ON" to turn on the camera.
- 2 Select the desired language and then press the center of the control wheel.
  - The privacy notice screen will appear. Read the privacy notice regarding biometrics by opening the link using your smartphone, etc.
- 3 Press the center of the control wheel.
- 4 Follow the instructions on the camera screen to connect the camera with your smartphone and perform the initial setup.
  - You can also configure or change the initial settings later from the MENU of the camera.

Pairing the camera with your smartphone later (Smartphone Connection)



For details on the connection method, refer to the following Help Guide URL:  
[https://rd1.sony.net/help/ilc/2360\\_pairing/h\\_zz/](https://rd1.sony.net/help/ilc/2360_pairing/h_zz/)

Shooting still images



- 1 Turn and set the Still/Movie/S&Q dial to (Still).
- 2 Select the desired shooting mode by turning the mode dial.
- 3 Press the shutter button halfway down to focus.
- 4 Press the shutter button all the way down.

Notes on use

Refer to "Precautions" in the "Help Guide" as well.

Notes on handling the product

- Do not leave the lens or the viewfinder exposed to a strong light source such as sunlight. Because of the lens's condensing function, doing so may cause smoke, fire, or a malfunction inside the camera body or the lens. If you have to leave the camera exposed to a light source such as sunlight, attach the lens cap to the lens.
- If sunlight or other strong light enters the camera through the lens, it may focus inside the camera and cause smoke or fire. Attach the lens cap when storing the camera. When shooting with backlighting, keep the sun sufficiently far away from the angle of view. Even if it is slightly away from the angle of view, smoke or fire may still occur.
- Do not look at sunlight or a strong light source through the lens when it is detached. This may result in unrecoverable damage to the eyes or cause a malfunction.
- This camera (including accessories) has magnet(s) which may interfere with pacemakers, programmable shunt valves for hydrocephalus treatment, or other medical devices. Do not place this camera close to persons who use such medical devices. Consult your doctor before using this camera if you use any such medical device.
- Increase the volume gradually. Sudden loud noises can damage your ears. Be especially careful when listening to headphones.
- Do not leave the camera, the supplied accessories, or memory cards within the reach of infants. They may be accidentally swallowed. If this occurs, consult a doctor immediately.
- When shooting with the viewfinder, you may experience symptoms such as eyestrain, fatigue, motion sickness, or nausea. We recommend that you take a break at regular intervals when you are shooting with the viewfinder.
- If the monitor or electronic viewfinder is damaged, stop using the camera immediately. The damaged parts may harm your hands, face, etc.
- When shooting still images continuously, the monitor or viewfinder may flash between the shooting screen and a black screen. If you keep watching the screen in this situation, you may experience uncomfortable symptoms such as feeling of unwellness. If you experience uncomfortable symptoms, stop using the camera, and consult your doctor as necessary.
- When recording or streaming for long periods of time or recording 4K movies, if the same part of your skin touches the camera for a long period of time while using the camera, even if the camera does not feel hot to you, it may cause symptoms of a low-temperature burn such as redness or blistering. Pay special attention in the following situations and use a tripod, etc.
  - When using the camera in a high temperature environment
  - When someone with poor circulation or impaired skin sensation uses the camera
  - When using the camera with [Auto Power OFF Temp.] set to [High]

Sony lenses/accessories

Using this unit with products from other manufacturers may affect its performance, leading to accidents or malfunction.

Note on the 5 GHz band for wireless LAN

When using the wireless LAN function outdoors, set the band to 2.4 GHz by following the procedure below. (WW499972 only)

- MENU → (Network) → [Wi-Fi] → [Wi-Fi Frequency Band]

How to turn off wireless network functions (Wi-Fi, etc.) temporarily

When you board an airplane, etc., you can turn off all wireless network functions temporarily using [Airplane Mode].

For Customers in the U.S.A. and Canada

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment and meets the FCC radio frequency (RF) Exposure Guidelines. This equipment has very low levels of RF energy that is deemed to comply without testing of specific absorption rate (SAR).

The available scientific evidence does not show that any health problems are associated with using low power wireless devices. There is no proof, however, that these low power wireless devices are absolutely safe. Low power Wireless devices emit low levels of radio frequency energy (RF) in the microwave range while being used. Whereas high levels of RF can produce health effects (by heating tissue), exposure of low-level RF that does not produce heating effects causes no known adverse health effects. Many studies of low-level RF exposures have not found any biological effects. Some studies have suggested that some biological effects might occur, but such findings have not been confirmed by additional research.

This equipment has been tested and found to comply with ISED radiation exposure limits set forth for an uncontrolled environment and meets RSS-102 of the ISED radio frequency (RF) Exposure rules.

## For Customers in the U.S.A.

For question regarding your product or for the Sony Service Center nearest you, call 1-800-222-SONY (7669).

### Supplier's Declaration of Conformity

Trade Name : SONY  
Model : WW499972  
Responsible Party : Sony Electronics Inc.  
Address : 16535 Via Esprillo, San Diego, CA 92127 U.S.A.  
Telephone Number : 858-942-2230

### Important note on use of 5 GHz wireless LAN

Compliance with FCC requirement 15.407(c)  
Data transmission is always initiated by software, which is the passed down through the MAC, through the digital and analog baseband, and finally to the RF chip. Several special packets are initiated by the MAC. These are the only ways the digital baseband portion will turn on the RF transmitter, which it then turns off at the end of the packet. Therefore, the transmitter will be on only while one of the aforementioned packets is being transmitted. In other words, this device automatically discontinues transmission in case of either absence of information to transmit or operational failure.

Frequency Tolerance: ±20 ppm

## For Customers in Canada

### 5 150-5 350 MHz band is restricted to indoor operation only.

High-power radars are allocated as primary users (i.e. priority users) of the bands 5 250-5 350 MHz and 5 650-5 850 MHz and that these radars could cause interference and/or damage to LE-LAN devices.

## For Customers in Europe

|                  |  |                  |
|------------------|--|------------------|
| IEEE802.11b/g/n  | 2 400 MHz                              | < 60 mW e.i.r.p. |
| IEEE802.11a/n/ac | 5 150 - 5 350 MHz<br>5 470 - 5 725 MHz | < 35 mW e.i.r.p. |
| IEEE802.11a/n/ac | 5 725 - 5 850 MHz                      | < 25 mW e.i.r.p. |
| Bluetooth        | 2 400 MHz                              | < 10 mW e.i.r.p. |

Hereby, Sony Corporation declares that this equipment is in compliance with Directive 2014/53/EU.

The full text of the EU declaration of conformity is available at the following internet address:  
<https://www.compliance.sony.eu>

Hereby, Sony Corporation declares that this equipment is in compliance with the UK relevant statutory requirements.  
The full text of the declaration of conformity is available at the following internet address:  
<https://compliance.sony.co.uk>

For this radio equipment the following restrictions on putting into service or of requirements for authorization of use apply in AT/BE/BG/CY/CZ/DK/EE/FI/FR/DE/EL/HU/IE/IT/LV/LT/LU/LU/MT/NL/PL/PT/RO/SK/SI/ES/SE/UK/UK(NI)/HR/IS/LI/NO/CH/AL/BA/MK/MD/RS/ME/XK/TR:

5 150 - 5 350 MHz band is restricted to indoor operations only.

The power delivered by the charger must be between min 2.5 Watts required by the radio equipment, and max 27 Watts in order to achieve the maximum charging speed.  
USB PD fast charging



## For customers who purchased their camera from a store in Japan that caters to tourists

### Note

Some certification marks for standards supported by the camera can be confirmed on the screen of the camera.  
Select MENU → (Setup) → [Setup Option] → [Certification Logo].

## For Customers in India

Model: WW499972

## Specifications

### Camera

#### [System]

Camera Type:  
Interchangeable Lens Digital Camera

Lens: Sony E-mount lens

#### [Image sensor]

Image format: 35 mm full frame,  
CMOS image sensor

Effective pixel number of camera:

Approx. 33 000 000 pixels

Total pixel number of camera:

Approx. 34 100 000 pixels

#### [General]

Rated input: 7.2 V , 3.7 W

Operating temperature:  
0 to 40 °C (32 to 104 °F)

Storage temperature:  
-20 to 55 °C (-4 to 131 °F)

Dimensions (W/H/D) (Approx.):

124.0 × 71.1 × 63.4 mm

124.0 × 71.1 × 58.6 mm

(from grip to monitor)

5 × 2 7/8 × 2 1/2 in.

5 × 2 7/8 × 2 3/8 in.

(from grip to monitor)

Mass (Approx.):

514 g (1 lb 2.2 oz) (including battery pack, SD Card)

#### [Wireless LAN]

WW499972 (see name plate on the bottom of camera)

Supported format:

IEEE 802.11 a/b/g/n/ac

Frequency band: 2.4 GHz/5 GHz

WW643958 (see name plate on the bottom of camera)

Supported format: IEEE 802.11 b/g/n

Frequency band: 2.4 GHz

#### Rechargeable battery pack

##### NP-FZ100

Rated voltage: 7.2 V

Design and specifications are subject to change without notice.

## Compatible iPhone/iPad models

iPhone 14 Pro Max, iPhone 14 Pro, iPhone 14 Plus, iPhone 14, iPhone SE (3rd generation), iPhone 13 Pro Max, iPhone 13 Pro, iPhone 13, iPhone 13 mini, iPhone 12 Pro Max, iPhone 12 Pro, iPhone 12, iPhone 12 mini, iPhone SE (2nd generation), iPhone 11 Pro Max, iPhone 11 Pro, iPhone 11, iPhone XS Max, iPhone XS, iPhone XR, iPhone X, iPhone 8 Plus, iPhone 8, iPhone 7 Plus, iPhone 7, iPhone SE, iPhone 6s Plus, iPhone 6s, iPad Air (3rd, 4th, and 5th generation), iPad (5th through 10th generation), iPad mini (6th generation), iPad Pro 12.9-inch (1st through 6th generation), iPad Pro 11-inch (1st through 4th generation), iPad Pro 10.5-inch, iPad Pro 9.7-inch, iPad Air 2, iPad mini (5th generation), iPad mini 4  
(As of May 2023)

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([https://rd1.sony.net/help/di/el23/h\\_zz/](https://rd1.sony.net/help/di/el23/h_zz/))

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<https://www.sony.net/SonyInfo/Support/>

Additional information on this product and answers to frequently asked questions can be found at our Customer Support Website.

<https://www.sony.net/>