

SPECIFICATIONS

Type of camera	Digital camera with support for interchangeable lenses
Lens mount	Nikon Z mount
Compatible lenses	• Z mount NIKKOR lenses • F mount NIKKOR lenses (mount adapter required; restrictions may apply)
Effective pixels	45.7 million
Image sensor	35.9 × 23.9 mm CMOS sensor (Nikon FX format)
Total pixels	46.89 million
File format	• NEF (RAW): 12 or 14 bit (lossless compressed, compressed, or uncompressed) • JPEG: JPEG-Baseline compliant with fine (approx. 1:4), normal (approx. 1:8), or basic (approx. 1:16) compression; size-priority and optimal-quality compression available • NEF (RAW)+JPEG: Single photograph recorded in both NEF (RAW) and JPEG formats
Picture Control System	Auto, Standard, Neutral, Vivid, Monochrome, Portrait, Landscape, Flat, 20 Creative Picture Controls; selected Picture Control can be modified; storage for custom Picture Controls
Storage media	CFexpress (Type B), XQD, SD (Secure Digital), and UHS-II compliant SDHC and SDXC memory cards
Dual card slots	Either card can be used for primary or backup storage or for separate storage of NEF (RAW) and JPEG images; pictures can be copied between cards.
Viewfinder	1.27-cm/0.5-in. approx. 3690k-dot (Quad VGA) OLED electronic viewfinder with color balance and auto and 11-level manual brightness controls
Viewfinder frame coverage	Approx. 100% horizontal and 100% vertical
Viewfinder magnification	Approx. 0.8× (50 mm lens at infinity, -1.0 m ⁻¹)
Monitor	8-cm/3.2-in., approx. 2100k-dot tilting TFT touch-sensitive LCD with 170° viewing angle, approx. 100% frame coverage, and color balance and 11-level manual brightness controls
Shutter type	Electronically-controlled vertical-travel focal-plane mechanical shutter; electronic front-curtain shutter; electronic shutter
Shutter speed	1/8000 to 30 s in steps of 1/3 and 1/2 EV, extendable to 900 s in mode M , bulb, time, X200
Release modes	Single frame, continuous L, continuous H, continuous H (extended), self-timer
Approximate frame advance rate (measured by in-house tests)	• Continuous L: Approx. 1 to 5 fps • Continuous H: Approx. 5.5 fps (14-bit NEF/RAW: Approx. 5 fps) • Continuous H (extended): Approx. 10 fps (14-bit NEF/RAW: Approx. 9 fps)
Exposure metering system	TTL metering using camera image sensor
Exposure metering modes	• Matrix metering • Center-weighted metering: Weight of 75% given to 12 mm circle in center of frame; weighting can instead be based on average of entire frame • Spot metering: Meters 4 mm circle (about 1.5% of frame) centered on selected focus point • Highlight-weighted metering
Metering range (ISO 100, f/2.0, 20°C/68°F)	-3 to +17 EV
ISO sensitivity (Recommended Exposure Index)	ISO 64 to 25600 in steps of 1/3 or 1/2 EV; can also be set to approx. 0.3, 0.5, 0.7 or 1 EV (ISO 32 equivalent) below ISO 64 or to approx. 0.3, 0.5, 0.7, 1 or 2 EV (ISO 102400 equivalent) above ISO 25600; auto ISO sensitivity control available
Active D-Lighting	Can be selected from auto, extra high, high, normal, low or off (available in both photo and movie modes)
Autofocus	Hybrid phase-detection/contrast AF with AF assist
AF detection range (in photo mode, AF-S, ISO 100, f/2.0, 20°C/68°F)	-3 to +19 EV (-4 to +19 EV with low-light AF)
Focus points (in photo mode, FX format, single-point AF)	493 points
AF-area modes	Pinpoint AF, single-point and dynamic-area AF (pinpoint and dynamic-area AF available in photo mode only); wide-area AF (S); wide-area AF (L); wide-area AF (L-people); wide-area AF (L-animals); auto-area AF; auto-area AF (people); auto-area AF (animals)
Camera on-board VR	5-axis image sensor shift
Lens on-board VR	Lens shift (available with VR lenses)
Flash control	TTL: i-TTL flash control; i-TTL balanced fill-flash is used with matrix, center-weighted, and highlight-weighted metering, standard i-TTL fill-flash with spot metering
Flash modes	Front-curtain sync, slow sync, rear-curtain sync, red-eye reduction, red-eye reduction with slow sync, off

Nikon Creative Lighting System (CLS)	i-TTL flash control, radio-controlled Advanced Wireless Lighting, optical Advanced Wireless Lighting, modeling illumination, FV lock, color information communication, auto FP high-speed sync, unified flash control
White balance	Auto (3 types), natural light auto, direct sunlight, cloudy, shade, incandescent, fluorescent (7 types), flash, choose color temperature (2500 K to 10000 K), preset manual (up to 6 values can be stored), all with fine-tuning except choose color temperature
Bracketing types	Exposure, flash, white balance and ADL
Movie metering modes	Matrix, center-weighted or highlight-weighted
Frame size (pixels) and frame rate	• 3840 × 2160 (4K UHD); 60p (progressive), 50p, 30p, 25p, 24p • 1920 × 1080; 120p, 100p, 60p, 50p, 30p, 25p, 24p • 1920 × 1080 (slow-mo); 30p ×4, 25p ×4, 24p ×5 Actual frame rates for 120p, 100p, 60p, 50p, 30p, 25p, and 24p are 119.88, 100, 59.94, 50, 29.97, 25, and 23.976 fps respectively
File format	MOV, MP4
Video compression	H.264/MPEG-4 Advanced Video Coding
Audio recording format	Linear PCM, AAC
Audio recording device	Built-in stereo or external microphone with attenuator option; sensitivity adjustable
Movie ISO sensitivity (Recommended Exposure Index)	• M : Manual selection (ISO 64 to 25600 in steps of 1/3 or 1/2 EV); with additional options available equivalent to approx. 0.3, 0.5, 0.7, 1, or 2 EV (ISO 102400 equivalent) above ISO 25600; auto ISO sensitivity control (ISO 64 to Hi 2.0) available with selectable upper limit • P, S, A : Auto ISO sensitivity control (ISO 64 to Hi 2.0) with selectable upper limit • i : Auto ISO sensitivity control (ISO 64 to 25600)
Other movie options	Time-lapse movie recording, electronic vibration reduction, time codes, logarithmic (N-Log) and HDR (HLG) movie output
USB	Type C USB connector (SuperSpeed USB); connection to built-in USB port is recommended
HDMI output	Type C HDMI connector
Accessory terminal	Built-in (can be used with MC-DC2 Remote Cords and other optional accessories)
Audio input	Stereo mini-pin jack (3.5-mm diameter; plug-in power supported)
Audio output	Stereo mini-pin jack (3.5-mm diameter)
Wi-Fi	Available
Bluetooth	Available
Battery	One EN-EL15c Rechargeable Li-ion Battery; EN-EL15b/EN-EL15a/EN-EL15 can also be used, but note that fewer pictures can be taken on a single charge and that the EH-7P charging AC adapter can be used to charge EN-EL15c/EN-EL15b batteries only
Battery pack	MB-N11 Power Battery Pack and MB-N10 Battery Pack (available separately); each takes two EN-EL15c batteries; EN-EL15b/EN-EL15a/EN-EL15 batteries can be used in place of the EN-EL15c. The number of pictures that can be taken on a single charge (i.e., battery endurance) will however drop compared to the EN-EL15c
Charging AC adapter	EH-7P charging AC adapter
AC adapter	EH-5d/EH-5c/EH-5b AC adapter (requires EP-5B power connector, which is available separately)
Other features	Multiple exposure, silent photography, interval timer shooting, focus shift shooting, HDR, SnapBridge compatibility and High-Speed Frame Capture, retouch menu
Dimensions (W × H × D)	Approx. 134 × 100.5 × 69.5 mm/5.3 × 4.0 × 2.8 in.
Weight	Approx. 705 g/1 lb 8.9 oz with battery and memory card but without body cap; approx. 615 g/1 lb 5.7 oz (camera body only)
Operating environment	Temperature: 0 to 40°C/32 to 104°F; humidity: 85% or less (no condensation)
Supplied accessories (may differ by country or area)	EN-EL15c Rechargeable Li-ion Battery, MH-25a Battery Charger, DK-29 Rubber Eyecup, UC-E24 USB Cable, HDMI/USB Cable Clip, EH-7P Charging AC Adapter, AN-DC19 Strap, BF-N1 Body Cap, BS-1 Accessory Shoe Cover

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Nikon Z 7II product page