

Updating the Firmware for Mirrorless Cameras, NIKKOR Z Lenses, and Compatible Accessories

– Mac –

Thank you for choosing a Nikon product. This guide describes how to update the firmware for Nikon mirrorless cameras, NIKKOR Z lenses, and compatible accessories such as flash units and mount adapters. *If you are not confident that you can perform the update successfully, the update can be performed by a Nikon-authorized service representative.*

See the manual provided with your Nikon product for information on use.

Important

The product may be damaged if power is interrupted or the controls are operated during the update. Do not turn the product off, remove or disconnect the power source, or attempt to operate the product during the update. If the update is not completed successfully and the product becomes inoperable, take it to a Nikon-authorized service representative for inspection.



Get ready

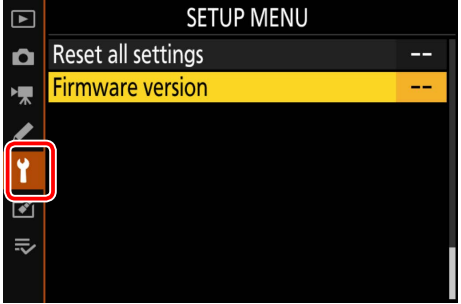
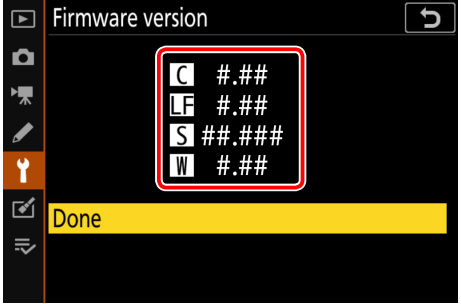
To perform the update, you will need:

- Your Nikon camera (a Z 7 is used here for illustrative purposes; if you are updating the firmware for a lens or other accessory, mount it on the camera before proceeding)
- A computer and card reader compatible with the type of memory card used in the camera
- One of the following camera power sources:
 - An AC adapter
 - A fully-charged rechargeable Li-ion battery of a type supported by the camera
- A Nikon-approved memory card that has been formatted in the camera (note that all data on the memory card will be deleted when the card is formatted; before formatting the card, back up any data you wish to keep to a computer or other device)
- The manual for the camera and whatever other product you are updating

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Check the current firmware version

The menus displayed on your camera may differ from those shown here.

- 1 Turn the camera on. If you are updating flash unit firmware, turn the flash unit on as well.
- 2 Press the camera **MENU** button to display the menus.
- 3 Select **Firmware version** in the setup menu.The screenshot shows a black screen with the title 'SETUP MENU' at the top. Below the title are two menu items: 'Reset all settings' and 'Firmware version', both followed by '--'. The 'Firmware version' item is highlighted in yellow. On the left side, there is a vertical toolbar with several icons; the second icon from the top, which is a key symbol, is circled in red.
- 4 The camera will display the current firmware versions for the camera (**C**, **A**, or **B**) and any attached lens (**LF**) or mount adapter (**MA**), flash unit (**S**), or wireless remote controller (**W**). Confirm that the current firmware version is the correct version for this update.The screenshot shows a black screen with the title 'Firmware version' at the top right. Below the title is a table of firmware versions. The table has four rows, each with a letter in a box and a version number. The table is circled in red. Below the table is a yellow bar with the word 'Done'.

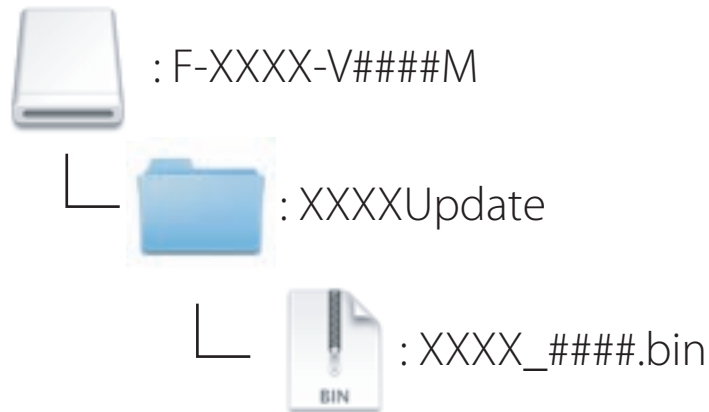
| | |
|-----------|---------|
| C | ### |
| LF | ### |
| S | ###.### |
| W | ### |
- 5 Exit to the setup menu and turn the camera off.

"#.##" is the firmware version.

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Download and extract the new firmware

After reading the end-user license agreement on the download site, select **Accept** and click **Download** to download the file “F-XXXX-V####M.dmg”, where “XXXX” is the device name and “####” the firmware version. When download is complete, a disk image will appear on the desktop containing the file and folder listed below:



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Copy the firmware to the memory card

The firmware can be copied to the camera memory card using a computer and card reader.

- 1 Insert a formatted memory card in the card reader. If an application such as Nikon Transfer 2 starts automatically, exit the application before proceeding.
- 2 A camera volume will appear on the desktop. Copy the “.bin” file from the update folder to this volume. When copying is complete, confirm that the camera volume contains the “.bin” file.

Important

Be sure to copy the “.bin” file to the root directory of the memory card and be sure that it is the only such file on the card. The camera will not recognize the new firmware if it is placed in a folder under the root directory or if the card contains more than one firmware update file.

- 3 Remove the camera volume from the system and eject the memory card from the card reader.

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Update the firmware

Note that depending on the camera model, the dialogs and messages displayed during the update may differ from those shown here. Before updating the firmware for a lens or other accessory, be sure the accessory is mounted on the camera before proceeding.

During the update, do not:

- Remove the memory card
- Turn the device off
- Operate device controls
- Attach or remove lenses or other accessories
- Unplug or disconnect the AC adapter
- Remove the battery
- Subject the device to powerful electromagnetic noise

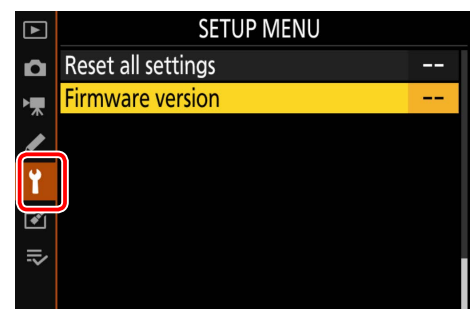
Any of the above actions could cause the device to become inoperable.

1 Insert the memory card containing the firmware into the camera memory card slot.

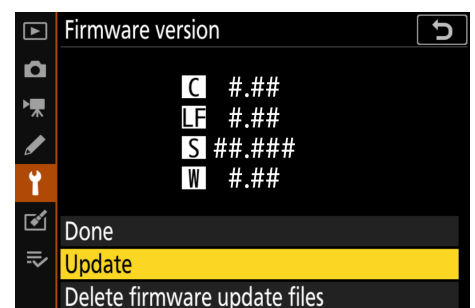
2 Turn the camera on. If you are updating flash unit firmware, turn the flash unit on as well.

3 Press the camera **MENU** button to display the menus.

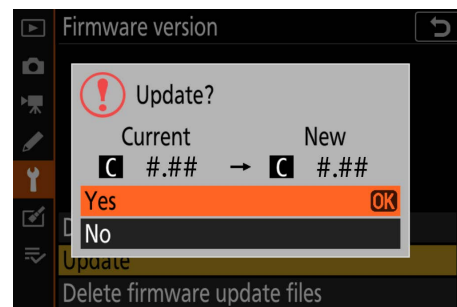
4 Select **Firmware version** in the setup menu.



5 The current firmware version will be displayed. Highlight **Update** and press the **OK**.



- 6 A firmware update dialog will be displayed. Select **Yes**.



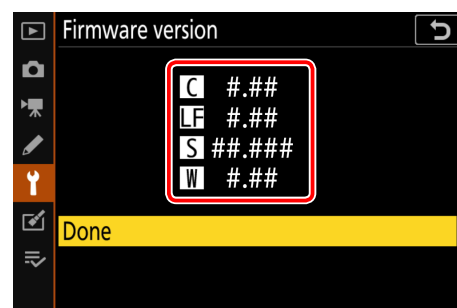
- 7 The update will begin. Follow the on-screen instruction during the update.

- 8 Confirm that the update was completed successfully.

8-1. Turn the camera off and remove the memory card.

8-2. Check the camera or accessory firmware version as described in Step 2, "Check the current firmware version".

8-3. The camera will display the firmware versions for the camera (**C**, **A**, or **B**) and any attached lens (**LF**) or mount adapter (**MA**), flash unit (**S**), or wireless remote controller (**W**). If the updated version is displayed, the update was successful.



"###" is the firmware version.

If the update was not successful, contact a Nikon service representative.

- 9 **Format the memory card in the camera. To perform additional updates, return to Step 3.**

This completes the firmware update.