PRACTICAL PHOTO GUIDE SERIES





iPhone Camera Setup
High-Resolution + Sports Action

Simple settings for sharper everyday photographs,
rapid action sequences and safer storage.



HIGH RESOLUTION | BURST | ICLOUD

MARIA HANSHAW DESIGN
PORTRAITS | MEMORIES | CELEBRATIONS

mariahanshaw.com | Australian edition

Two jobs need two different setups

Maximum detail and rapid action are different priorities. Choose the setup that matches the moment.

HIGH-RESOLUTION

24 / 48 MP

For portraits, products, artwork and scenes where fine detail matters.

- Use 24 MP as a practical everyday default where supported.
- Choose HEIF Max or RAW Max only when you need up to 48 MP.
- Use the Main/Fusion 1x camera in good light.
- Hold steady and check focus before moving on.

SPORTS + ACTION

For moving subjects and moments where timing matters more than maximum file size.

- Turn on Use Volume Up for Burst.
- Keep Prioritize Faster Shooting enabled.
- Track the subject and take short, purposeful bursts.
- Choose the best frames, then remove obvious misses.

There is no still-photo setting called Sports mode on iPhone.

For multiple fast still photographs, use Burst mode. Action mode is a separate stabilisation feature for video on supported models.

Before an important shoot

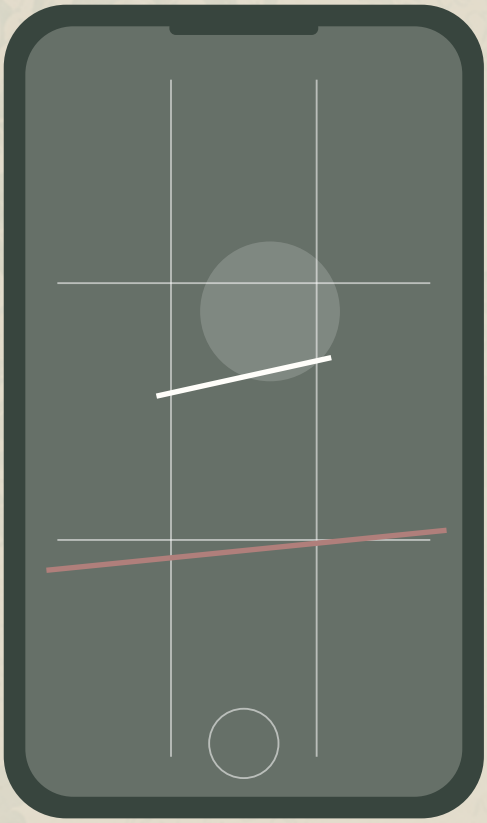
- ◯ Clean the lenses
- ◯ Check battery
- ◯ Check free storage
- ◯ Open Camera early

Turn on Grid and Level guides

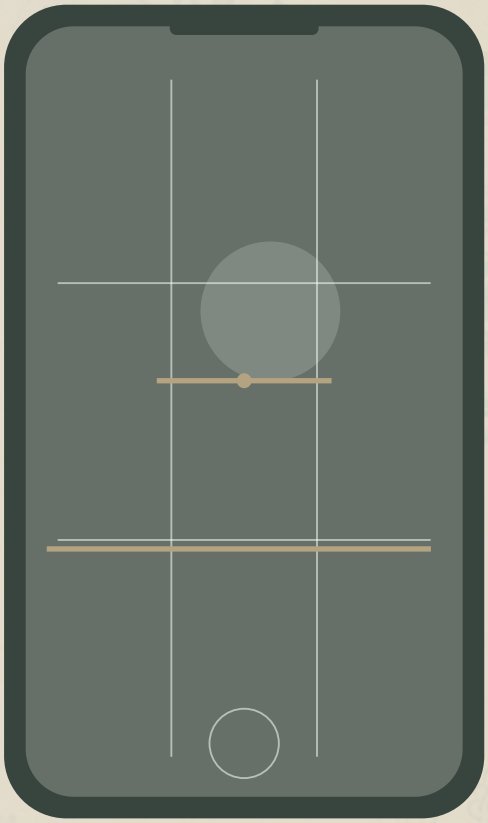
These guides help straighten horizons, keep buildings upright and compose people more deliberately.

SETTINGS PATH

Settings > Camera > turn on Grid and Level



BEFORE



LEVEL

How to use them

1. Place important faces or objects near grid intersections rather than automatically centring everything.
2. Rotate the phone until the level indicator aligns and changes colour before taking the photograph.
3. For overhead photographs, use the crosshair level to keep the phone parallel to the surface.

Choose the right high-resolution format

The available options depend on the iPhone model, camera, light and capture mode.

SETTINGS PATH

Settings > Camera > Formats

Choose 24 MP under Photo Mode where available. To access up to 48 MP, turn on Resolution Control or ProRAW & Resolution Control.

FORMAT	BEST FOR	DETAIL	FILE SIZE	EDITING
HEIF	Everyday photographs	Up to 24 MP	Smaller	Simple
HEIF MAX	Maximum detail without RAW	Up to 48 MP	Larger	Easy
RAW 12	Flexible editing	Up to 12 MP	Very large	Advanced
RAW MAX	Maximum editing latitude	Up to 48 MP	Largest	Advanced

48 MP has conditions

Maximum 48 MP detail generally uses the Main/Fusion 1x camera. Zoom, Night mode, flash, macro or another lens can reduce the recorded resolution. This is normal.

RAW files are intended for editing and can be many times larger than HEIF or JPEG. HEIF Max is usually the more practical maximum-detail choice for clients who do not need a RAW workflow.

If you cannot see an option

Your iPhone model or current mode may not support it. Use the highest option shown on your phone rather than forcing a menu path from a different model.

A reliable high-resolution shooting routine

Good light, careful focus and a steady phone matter just as much as the megapixel setting.

01

Clean the lens

Use a clean microfibre cloth. A greasy lens can look like missed focus.

02

Choose 1x

Use the Main/Fusion camera for the most reliable maximum-detail result.

03

Find good light

Move towards a window or open shade and avoid strong light behind the subject.

04

Tap to focus

Tap the most important face or detail. Slide the exposure control if the image is too bright or dark.

05

Steady the phone

Use two hands, brace your elbows or rest the phone on a stable surface.

06

Check before leaving

Zoom in on eyes and fine details in Photos, then take a second version if needed.

Send the original resolution

Use AirDrop or a private cloud/file-transfer link for large originals. If a sharing app asks for an image size, choose Actual Size, Original or Full Resolution.

Avoid

- screenshots
- copy-and-paste
- social-media downloads
- collages

Set up the iPhone for sports and action

For movement, prioritise timing and sharpness over maximum megapixels.

Turn on these settings

Settings > Camera

Use Volume Up for Burst

Prioritize Faster Shooting

Apple uses the spelling 'Prioritize' in the setting label.



BURST

01 Use the best-lit position

More light helps the phone use a faster exposure and reduces motion blur.

02 Track before pressing

Follow the athlete smoothly, then begin the burst just before the key moment.

03 Use short bursts

Capture the action, release, reset and shoot again. This is easier to review later.

04 Avoid extreme digital zoom

Move closer when safe or use an optical camera option supported by the phone.

05 Leave room for movement

Frame slightly ahead of the subject rather than trapping them against the edge.

06 Keep storage available

Burst sequences and video can fill a nearly full phone very quickly.

Note: maximum-resolution capture and rapid Burst capture are separate jobs. It is normal for the phone to use a faster, lower-resolution processing path during action shooting.

Take, review and keep a Burst sequence

Burst records many still photographs quickly so you can choose the strongest moment afterwards.

1

OPEN PHOTO MODE

Open Camera and stay in Photo mode.

2

START THE BURST

Press and hold Volume Up after enabling the setting, or swipe the onscreen Shutter button to the left.

3

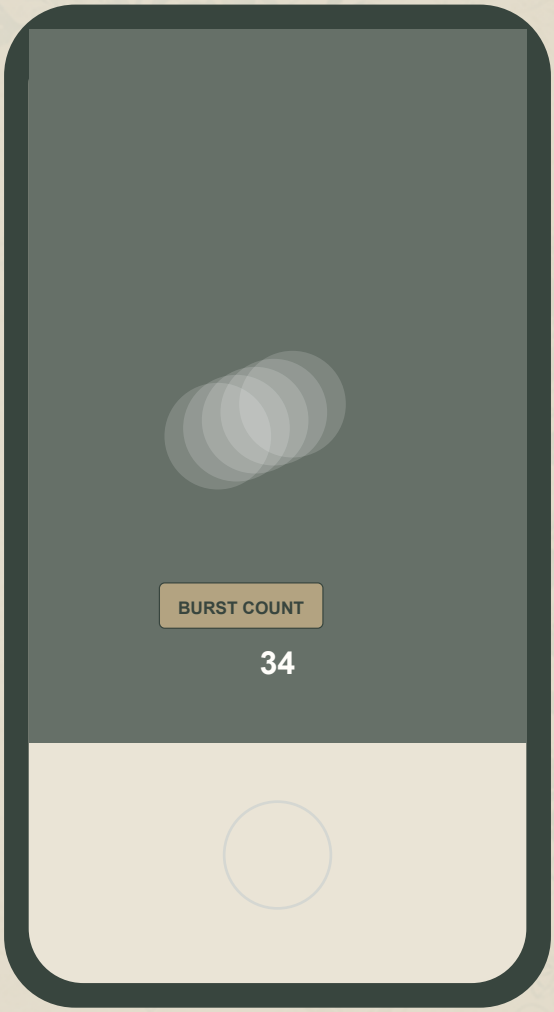
TRACK THE SUBJECT

Keep following the movement while the sequence is being captured.

4

RELEASE TO STOP

Lift your finger as soon as the important action has passed.



Choose the frames to keep

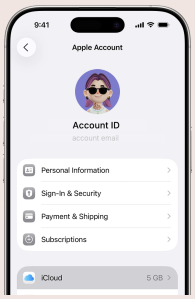
Open the Burst thumbnail in Photos, tap the Burst count, select the strongest frames, then tap Done. Grey dots may indicate suggested frames.

- Eyes open
- Face sharp
- Ball visible
- Strong body position
- Clean background

Use iCloud for space, backup and recovery

Sign in with an Apple Account first. Then choose the services that match what you want to protect.

01 APPLE ACCOUNT



If your name appears at the top of Settings, you are already signed in. Otherwise tap Apple Account and sign in or create a free account. iCloud includes 5 GB free; photography libraries often need more.

02 SAVE PHONE SPACE

Settings > [your name] > iCloud > Photos. Turn on Sync this iPhone, then choose Optimise iPhone Storage. Full-resolution originals remain in iCloud while smaller versions can stay on the phone when space is needed.

03 ICLOUD BACKUP

Settings > [your name] > iCloud > iCloud Backup. Turn on Back Up This iPhone, then tap Back Up Now for the first backup. Automatic backup normally runs while the phone is locked, connected to power and on Wi-Fi.

04 FIND MY IPHONE

Settings > [your name] > Find My > Find My iPhone. Turn on Find My iPhone, Find My network and Send Last Location. If the phone is lost, use the Find My app or iCloud.com/find to locate it or mark it as lost.

IMPORTANT: iCloud Photos is a synchronised library, not a one-way archive.

Edits and deletions sync across devices. Keep an additional computer or external-drive copy of irreplaceable photographs and check that iCloud has enough free space for uploads and backups.

Your ready-to-shoot checklist

Use the left column for detailed photographs and the right column for fast action.

HIGH-RESOLUTION

- ◯ Grid and Level are on.
- ◯ 24 MP or the preferred Max option is selected.
- ◯ The 1x Main/Fusion camera is in use.
- ◯ Light is bright and even.
- ◯ The important detail has been tapped to focus.
- ◯ The phone is steady.
- ◯ The original file will be sent.

SPORTS + ACTION

- ◯ Use Volume Up for Burst is on.
- ◯ Prioritize Faster Shooting is on.
- ◯ There is enough free storage.
- ◯ The subject is being tracked before pressing.
- ◯ Short bursts are used around key moments.
- ◯ Digital zoom is kept under control.
- ◯ The strongest frames will be selected later.

STORAGE + SAFETY

- ◯ Apple Account signed in
- ◯ Optimise iPhone Storage chosen
- ◯ iCloud Backup current
- ◯ Find My iPhone on

Official Apple references

CHECKED AUG 2026

1. **Grid and Level**
   https://support.apple.com/guide/iphone/iph3dc593597/26/ios/26
2. **Advanced camera settings**
   https://support.apple.com/en-au/guide/iphone/iphb362b394e/ios
3. **Burst mode**
   https://support.apple.com/en-au/guide/iphone/ipha42c55cd0/ios
4. **ProRAW and 48 MP**
   https://support.apple.com/en-au/119916
5. **Manage photo storage**
   https://support.apple.com/en-au/105061
6. **iCloud Backup**
   https://support.apple.com/en-au/108366
7. **Find My iPhone**
   https://support.apple.com/en-au/102648
8. **Create an Apple Account**
   https://support.apple.com/en-au/108647

Menu names and features vary by iPhone model, country and iOS version. Apple, iPhone and iCloud are trademarks of Apple Inc.

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Keep capturing the moments that matter

Use this guide whenever you change phones, update iOS or prepare to photograph portraits and fast-moving action.

SIMPLE SETTINGS | SHARPER PHOTOGRAPHS | SAFER MEMORIES

High resolution | Burst | iCloud

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