Stitching Footage with Insta360

1. Insert MicroSD card reader into computer and access the drive in **Finder**
2. In the **DCIM** folder, find the **Camera01** folder. Your footage should be there with the extension **.insp**. You should see an even number of clips, as each of the lenses recorded video content (for example, you should see clips ending in **_00_002** and **_10_002**.
3. Copy all pairs of files onto your **Desktop.**
4. Open the Insta360 Studio 2021 app
5. Drag and drop your pairs of shots to the left side of the Insta360 app. You should then see each recording populate on the left. For every recording you want to stitch, select it with your mouse and follow steps 5 & 5 below. To render multiple clips at the same time (batch), select clips holding the SHIFT button on your keyboard
6. Leave all the settings as default on the right, but click the yellow arrow Export button in the top right.
7. Leave the Video Export Settings as default on the next screen, and be sure the File Path is set to your Desktop. Then press OK to being stitching your clips.
8. Stitched videos should appear on your Desktop as **.mp4** files

Stitching Footage with GoPro Player

1. Insert MicroSD card reader into computer and access the drive in **Finder**
2. In the **DCIM** folder, find the **100GOPRO** folder. Your footage should be there with the extension **.360**.
3. Copy all pairs of files onto your **Desktop.**
4. Open the GoPro Player app, and go to File … Batch Exporter. Press the +**Add** button, and choose all of the .360 files you would like to stitch. To choose multiple files, hold the SHIFT or Command buttons on your keyboard. Then press Open.
5. For each clip you would like to render, highlight the selected clip, and make sure the Resolution is set to **5.6k**, and the Codec must be switched to **H.264**. You must do this for each clip BEFORE pressing the Start button in the top left.
6. Once all clips have been customized, click the **Start** button, and after stitching, the finalized clips will appear in the same place of the original file (Desktop). They should end up as .mp4 files.