GoPro Hero Strap and Quick Clip mount instructions

Unscrew the included screw if it was already screwed in.

Mount a GoPro Hero to either the Head Strap or to the QuickClip mount in either direction.

Screw the GoPro in securely.

Mount either the Head Strap to a head or place the QuickClip onto something ranging from 3mm to 10mm thick. Make sure to tighten the head strap appropriately so it doesn't fall off.