Sennheiser Wireless Microphones - How to Setup for Recording

Lavs come with two very similar looking pieces, a transmitter and a receiver.

Transmitter is the end with the microphone connected to it.

Receiver is the end that will plug into the Audio Mixer.

Here is the Receiver plugged into an audio mixer. It will also have the RF on the front of the receiver.
The Transmitter is connected to the microphone placed. Start with the mic about 8 inches below your talent’s chin and adjust it from there until it sounds natural in your headphones.

Make sure both units have 2 AA batteries each.

Turn on each one by flipping down the case that holds the batteries and turn on the ON/OFF button till the ON light turns red for ON.
ON light turns red for ON

Out of the box, the transmitter and receiver should have matching frequencies, meaning they can talk to each other wirelessly.

Make sure the frequency's match.

To Change the frequency

On the transmitter or receiver, press SET to activate the menu.
Press up/down buttons to select “Frequency Preset”

Use the Up and Down arrow buttons to change the frequency

To Set frequency hit SET

Stored will show up when the frequency is saved.
then hit the on/off button to get out of the menus.