Make sure the batteries are charged and/or power the camera.

Plug the power adapter into the wall socket and the other end to the camera.
There is a plastic cover that needs to be pulled down to get to the power plug in the camera. Place the battery on the camera to charge.
Turn on the camera so we can set settings while the battery is charging.
Note to get the battery of open the viewfinder door and there is a "Battery Release" button.
If you have an external microphone plug it in here under the "Battery Release" button.
Some headphones are plugged in. HDMI and USB connections to a computer or external monitor and or connecting to a computer.
Put the SD card in the camera.

Under the camera there is a plastic cover that you will need to open and insert the SDHC card.
Turn on the camera

Hit the "Home" button

Home Button
Flip out screen becomes a touch screen.

Click Other Settings

Click on the wrench icon tab

Scroll down to "Reset All"
Reset all to the defaults this way you know the camera is set back to a "Normal" state.

Set the Date and Time.
Press Home again

Click on the wrench icon tab

Choose Initialize SD

Choose Initialize again
Next we need to change the recording mode to AVCHD movies in MXP mode.
Choose Other Settings

Recording Mode
Choose High Quality 24 Mbps
MXP

This will
If you want more time choose MXP. This will record 2 hr 4 min at 1920 x 1080. All other modes will use these resolutions MXP preferred.
er settings will record at 1440x1080 not ideal resolution.

Set the camera's audio levels
Locate the MIC input on the camera shown here:

Plug the audio input mini plug wired or wireless shotgun microphone cable into the MIC input on the camera.
Click on Home again

Click on Camera Mode

Click on the ‘M’ for Manual
Choose Mic Level

Can use the arrow buttons to raise and lower the input Mic level

Aim to have your levels hit around -12 db.
When you are finished recording turn off camera before removing the SD card!!
Remember to remove the tripod head from the camera and put it back on the tripod!!

This way the mounting will stay with the tripod!!