



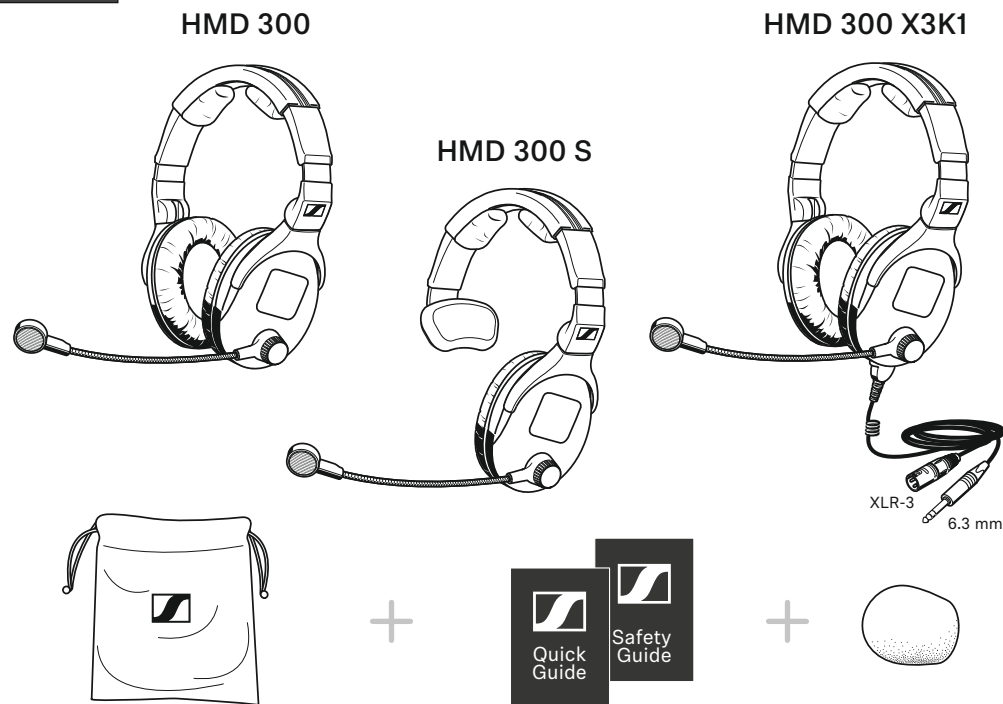
HMD 300 HMD 300 S HMD 300 X3K1

Quick Guide
Kurzanleitung
Guide rapide
Guida rapida
Guía de inicio rápido
Guia rápido
Beknopte handleiding
Krótka instrukcja obsługi
Snabbguide

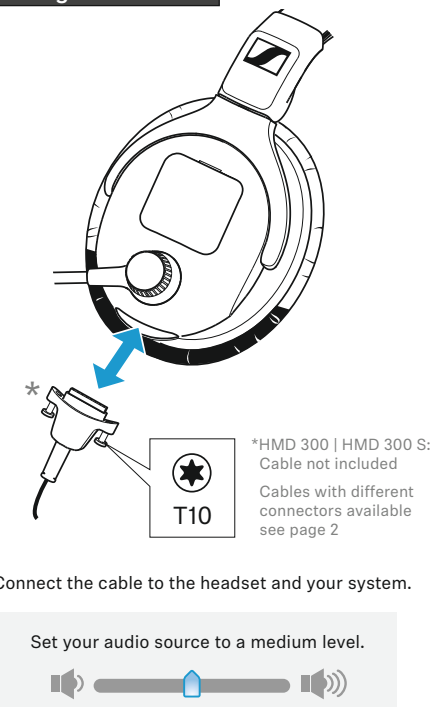
Kort vejledning
Pikaohje
Γρήγορος οδηγός
Kısa Kılavuz
Краткая инструкция
快速指南
快速使用指南
クイックガイド
퀵 가이드

SENNHEISER

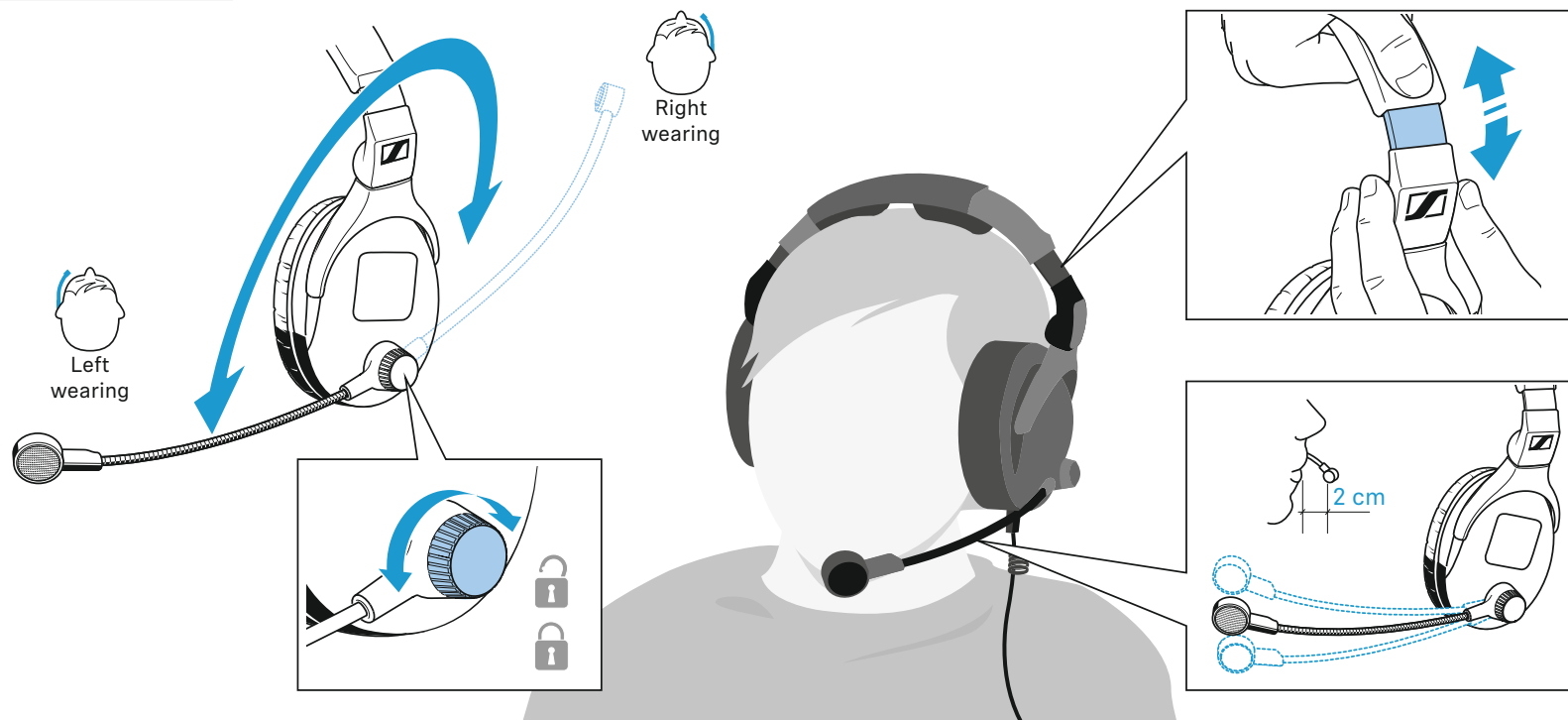
In the box



Connecting the headset



Wearing the headset



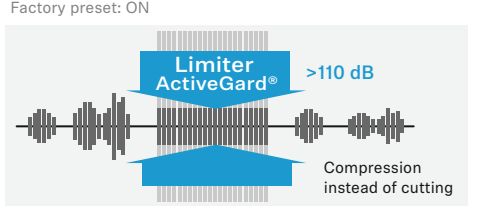
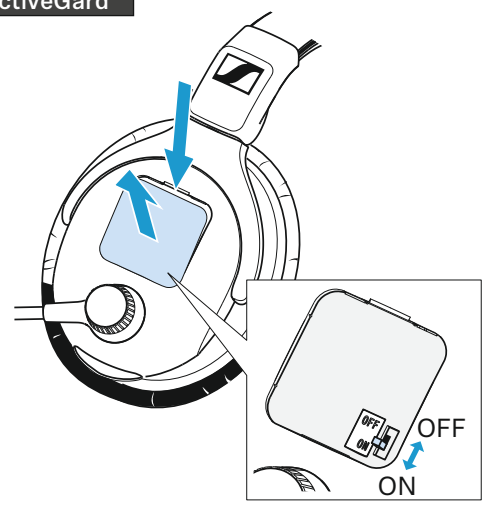
www.sennheiser.com/download

Sennheiser electronic SE & Co. KG

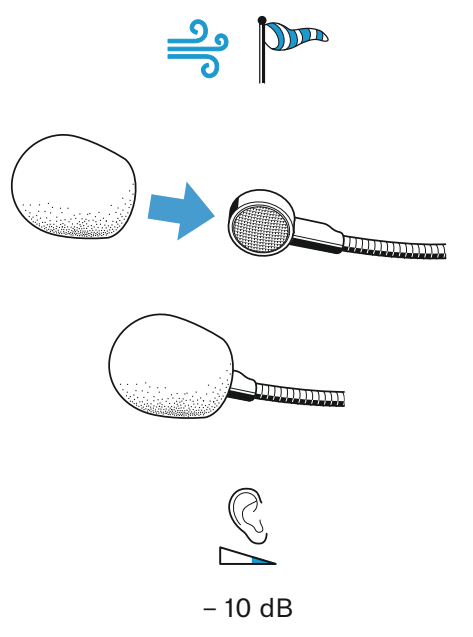
Am Labor 1, 30900 Wedemark, Germany
www.sennheiser.com

Printed in Germany, Publ. 03/24, 597290/A01

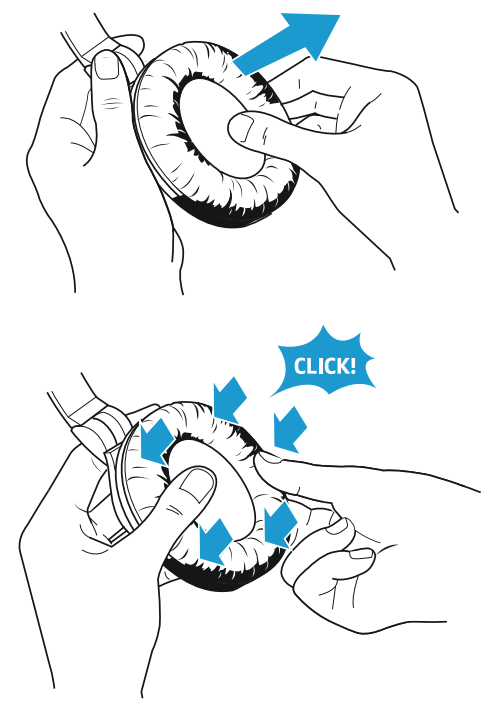
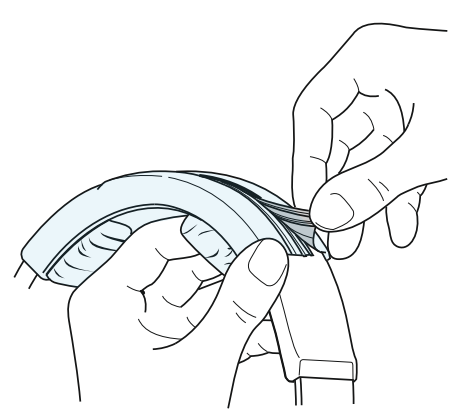
ActiveGard™



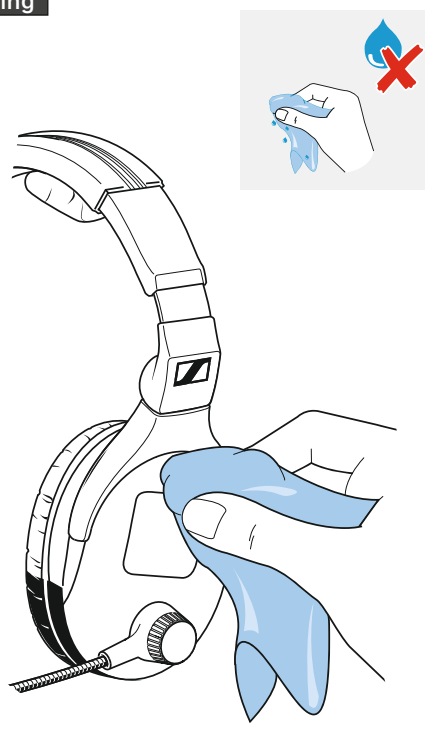
Using the windshield



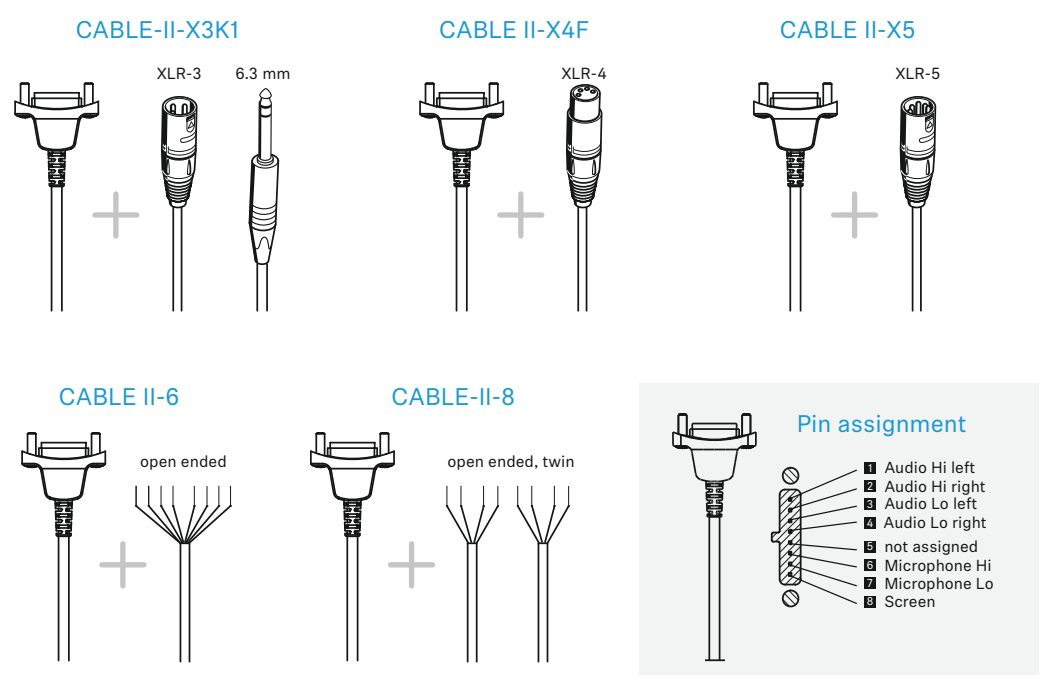
Replacing headband / ear pad(s)



Cleaning



Available cables



Specifications

Headphones	
Transducer principle	dynamic, closed
Ear coupling	circum-aural
Frequency response	60 Hz - 25,000 Hz
Impedance	64 Ω
Characteristic SPL	96 dB SPL @ 1 kHz, 1 mW
ActiveGard Level	110 dB SPL @ 1 kHz
Max SPL (ActiveGard off)	123 dB SPL
THD	< 0.1 % @ 1 kHz, 100 dB SPL
Contact pressure	6.0 N

Microphone	
Type	BMD 434-300
Transducer principle	dynamic
Frequency response	40 Hz - 18,000 Hz
Output voltage	0.5 mV/Pa @ 1 kHz
Directivity	Hyper cardioid
Impedance	300 Ω
Interface	Balanced

General data	
Temperature range	
Operation	-15 °C to +55 °C
Storage	-40 °C to + 70 °C
Weight without cable	
HMD 300/HMD 300 X3K1	320 g
HMD 300 S	240 g