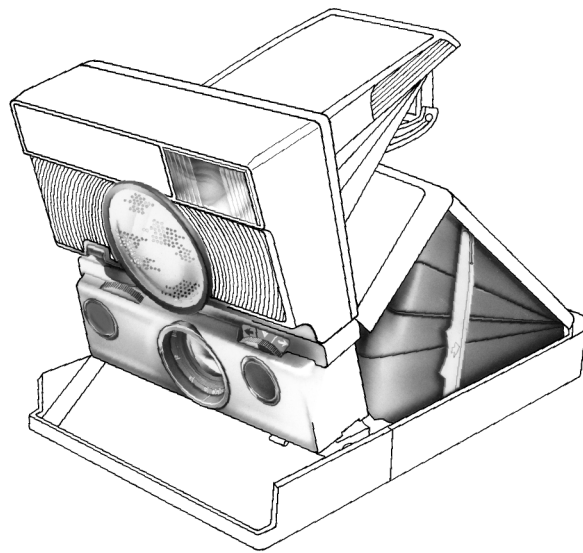


 **Polaroid**  
**690**  
**Single Lens Reflex (SLR) Camera**



**User Guide**

  
**690**  
**Single Lens Reflex (SLR) Camera**  
**User Guide**

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## IMPORTANT SAFEGUARDS: FCC Notice

**Warning:** Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference with radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- 1 Reorient or relocate the receiving antenna of the radio or television.
- 2 Increase the separation between the equipment and the receiver.
- 3 Consult the dealer for help.

## Camera Features

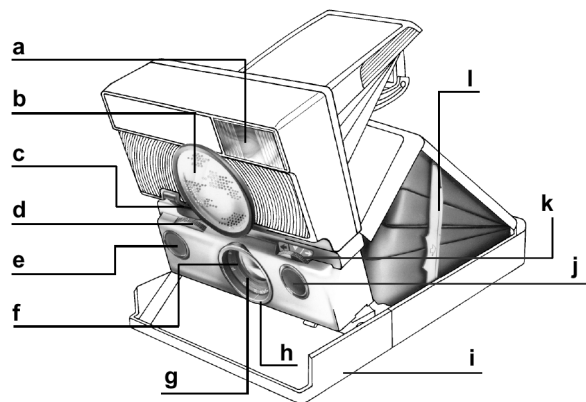
Congratulations! You are now the owner of the finest single-lens reflex camera in the world. Some of the important features of your 690 SLR camera include:

- Accurate, through-the-lens previewing
- Sonar-driven automatic flash and autofocus system
- Four-element coated glass lens
- Close-up capabilities to 10.4 inches

Please take a moment to familiarize yourself with the features of your 690 SLR camera by reading the instructions in this book.

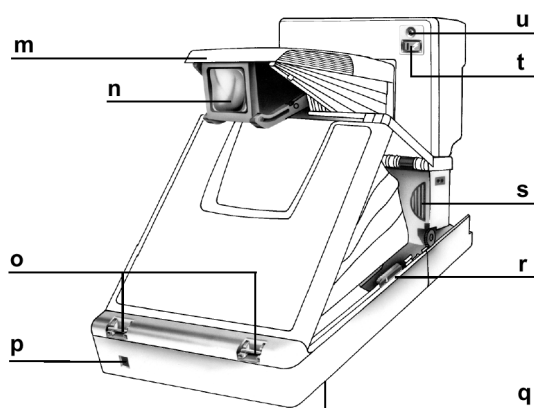
## Camera Parts

### Front View



- a** Built-in electronic flash
- b** Transducer (sends and receives sound waves)
- c** Manual focus switch
- d** Manual focus wheel
- e** Shutter button with automatic preview
- f** Automatic variable speed/aperture shutter system
- g** Four element, f/8, 116mm glass lens
- h** Distance scale
- i** Film door
- j** Photocell
- k** Lighten/darken control
- l** Cover support

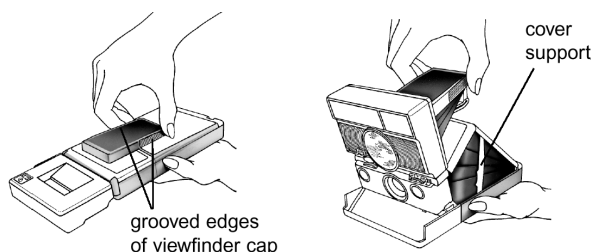
## Rear View



- m Viewfinder cap
- n Viewfinder eyepiece
- o Neckstrap connectors
- p Picture counter
- q Tripod socket (underside of camera)
- r Film door release lever
- s Thumb rest
- t Flash control switch
- u Flash indicator light

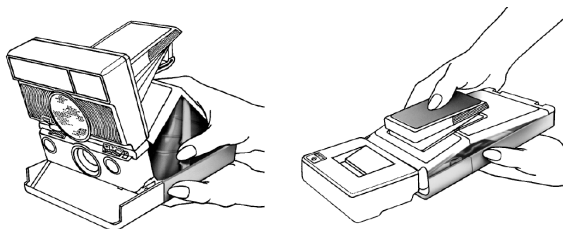
## Opening the Camera

- 1 Hold the camera flat in the palm of your left hand. With your right hand, grip the grooved edges of the viewfinder cap.
- 2 Pull the viewfinder cap straight up until the cover support locks.



## Closing the Camera

- 1 To close the camera, push the cover support toward the back of the camera.
- 2 Press down on the viewfinder cap until both sides of the camera snap shut.



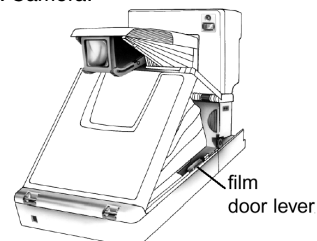
## Compatible Films

Use Polaroid 600 or Type 779 color film with your Polaroid 690 SLR camera.

## Loading Film

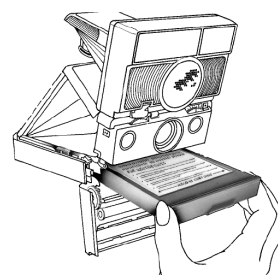
First, make sure you are using an instant film that is compatible with your 690 SLR Camera.

- 1 Push the yellow film door lever down to open the film door.



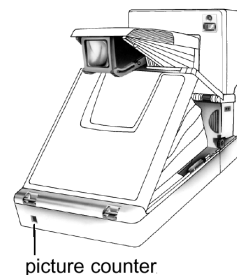
- 2 Holding the film pack by the edges as shown, slide the film pack all the way into the camera.

Make sure to only touch the edges of the film pack.

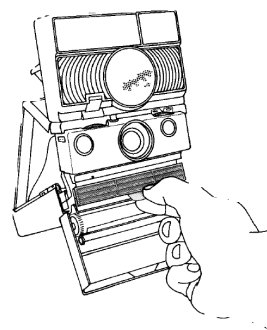


- 3 Close the film door. The camera will automatically eject the film cover and the electronic flash will begin to charge.

The picture counter will display "10". Each pack of film contains 10 photos.



To remove an empty film pack, pull the colored tab on the lower front of the film cartridge.



## Taking Photos

- 1 Grasp the camera in your left hand, making sure to keep your fingers behind the film door.

Place your right thumb on the thumb rest with your index finger on the shutter button. Curl your other fingers into your palm.

To preview your shot, look through the viewfinder. The scene will appear out of focus.

Lightly press the shutter button and hold it there. If the flash bursts and a photo is ejected, the shutter button was pressed too firmly.

While keeping the shutter button lightly pressed down, the lens will spin and set, bringing your scene into sharp focus. If the camera pauses briefly before focusing the lens, the flash is momentarily charging. After the lens is brought into focus an accurate preview of the scene is visible.

You may preview as often as you choose without depleting the camera's battery. The battery that powers the camera is located inside the film pack and is sufficient to take many previews per each pack of film.

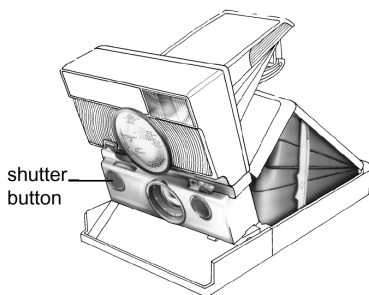
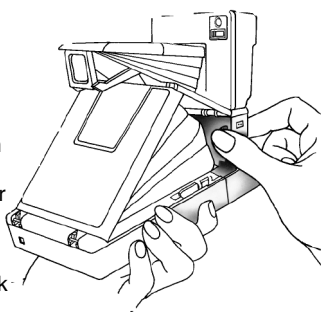
- 2 Use the electronic flash for every photo, both outdoors and indoors. The flash automatically corrects common lighting problems encountered in both environments. For best results, position your subject(s) anywhere from 10 inches to 14 feet away from the camera.

Maintain a clear path between the camera and your subject. The camera uses sound waves to determine the distance between the camera and the photo subject, and any obstructions will cause your photo to be incorrectly exposed.

Make sure to keep the sun or other source of light behind you, or at your side.

Holding the camera steady, press the shutter button firmly. Continue to hold the camera steady until the photo has ejected from the camera. Release the shutter button to recharge the flash unit.

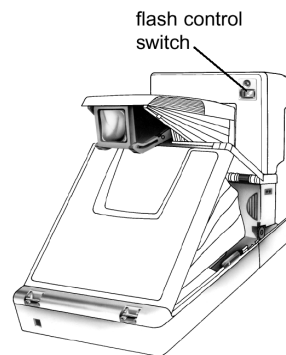
Do not shake or expose developing photos to direct sunlight. Make sure to hold the developing photo by its white border edges. If the temperature is below 55° F, place the photo immediately in a warm pocket or other warm location to develop.



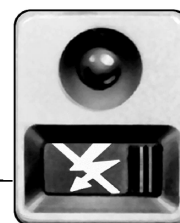
## Flash Override

In certain circumstances, such as taking a photograph through a window or photographing a metallic surface, it may be necessary to override the automatic flash.

To do this, slide the flash control switch to the right. The automatic flash is disabled. You can now take a photo without the flash by pressing the shutter button.



flash control switch in OFF position



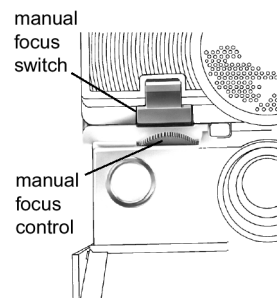
## Manual Focus

To override the camera's automatic focus, push the manual focus switch down so that the red portion of the switch is visible.

Turn the manual focus control dial until your scene is in clear focus.

To take a photo, press and release the shutter button.

Press the manual focus switch up to return the camera to automatic focus.



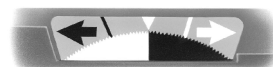
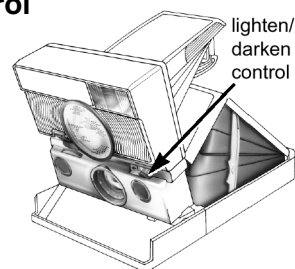
## Lighten/Darken Control

The lighten/darken control feature is located on the front of your camera.

Only use this feature when retaking a photo to make it lighter or darker than the original.

To lighten a photo, move the control dial so that the white/black area of the dial is directly beneath the white line. This is the standard lighten setting.

Begin with this standard lighten setting. To lighten a photo even more, move the white/black area of the dial to the right of the white line.

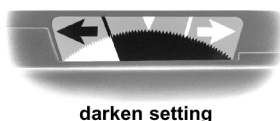


normal setting



lighten setting

To darken a photo, move the control dial so that the white/black area of the dial is directly beneath the black line. This is the standard darken setting.



Begin with this standard darken setting. To darken a photo even more, move the white/black area of the dial to the left of the black line.

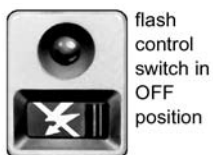
Always be sure to return the control to the normal setting position before taking your next photo.

## Automatic Time Exposure

Your 690 SLR camera has the ability to make automatic time exposures for up to 13 seconds.

For best results, keep the camera steady while making the exposure by using a tripod (tripod socket is located on underside of camera).

Slide the flash control switch to the OFF position. Press the shutter button for at least one second, then release it. Your camera will automatically make an exposure appropriate for the environmental settings.



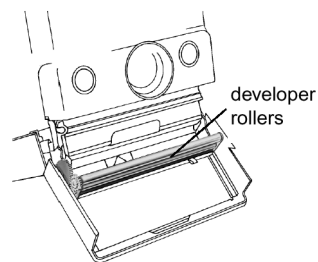
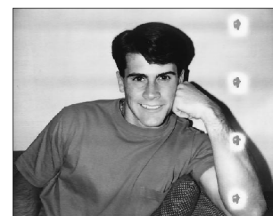
## Special Maintenance Note

The spots on the photo to the right have been caused by dirty developer rollers.

Dirty developer rollers may cause repeating spots or banding to appear on photos. If this occurs, thoroughly clean the developer rollers.

The developer rollers are located inside the film door. To clean, dampen a lint-free cloth with water and gently wipe both sets of rollers.

If there is film in the camera, clean the developer rollers in a dimly lit area.



## Repair Service

The camera should be repaired by an authorized Polaroid Service Center. For a list of repair centers in the U.S.A., visit [www.polaroid.com](http://www.polaroid.com).

You can also call or write to Polaroid Corporation at:

**1-800-343-5000**

Monday-Friday, 8 a.m. to 8 p.m. Eastern time

**Polaroid Corporation**  
**Americas Business Center**  
**201 Burlington Rd.**  
**Bedford, MA 01730**

When writing, include your address and daytime telephone number.

Outside the U.S.A., contact your nearest Polaroid office. Visit [www.polaroid.com](http://www.polaroid.com) for a list of offices worldwide.

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