



# 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

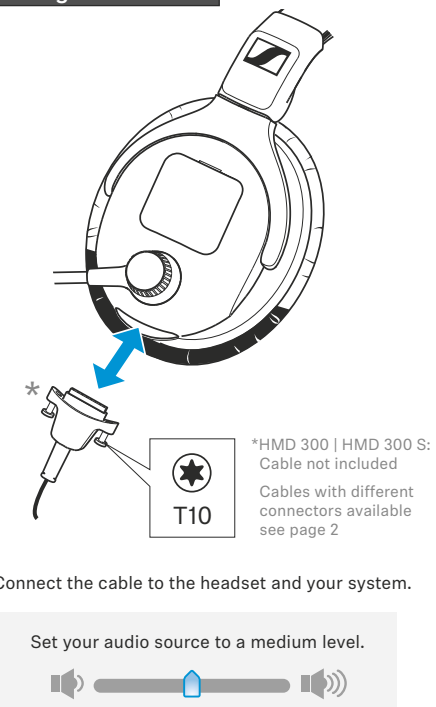
Kort vejledning  
Pikaohje  
Γρήγορος οδηγός  
Kısa Kılavuz  
Краткая инструкция  
快速指南  
快速使用指南  
クイックガイド  
퀵 가이드

**SENNHEISER**

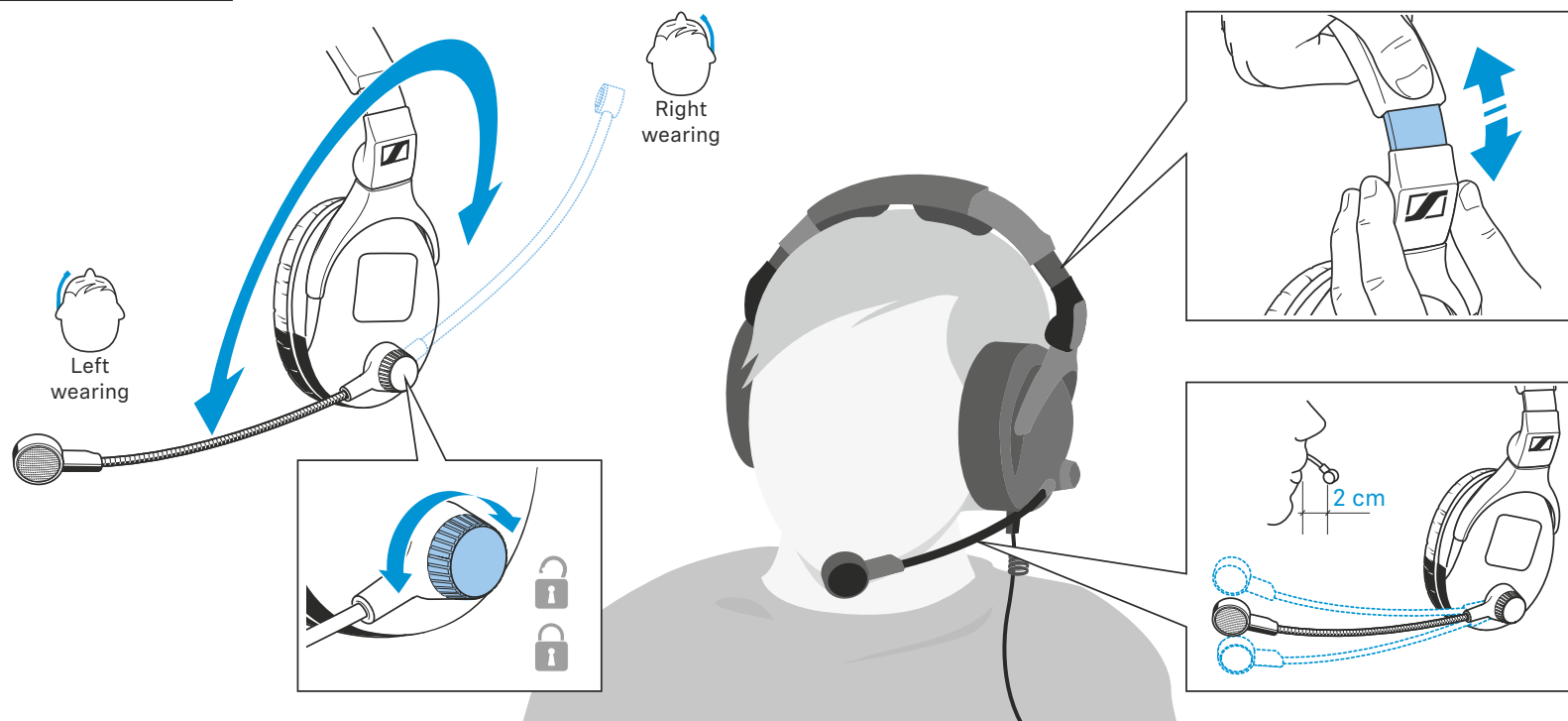
## In the box



## Connecting the headset



## Wearing the headset



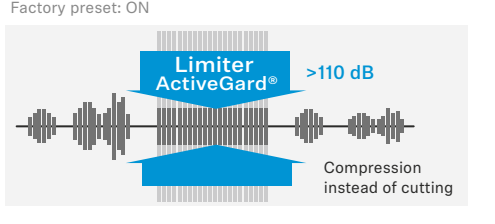
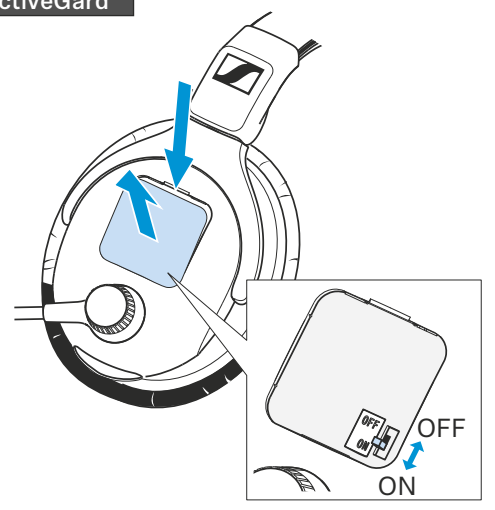
[www.sennheiser.com/download](http://www.sennheiser.com/download)

Sennheiser electronic SE & Co. KG

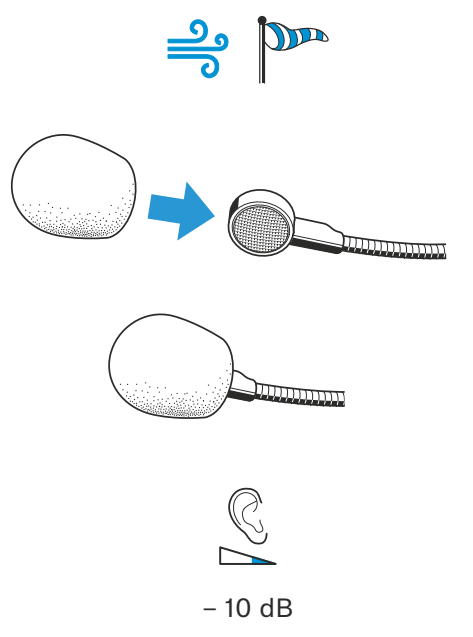
Am Labor 1, 30900 Wedemark, Germany  
[www.sennheiser.com](http://www.sennheiser.com)

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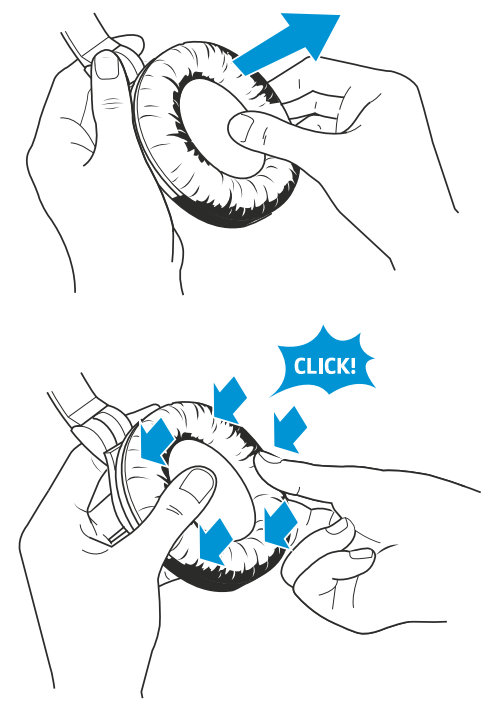
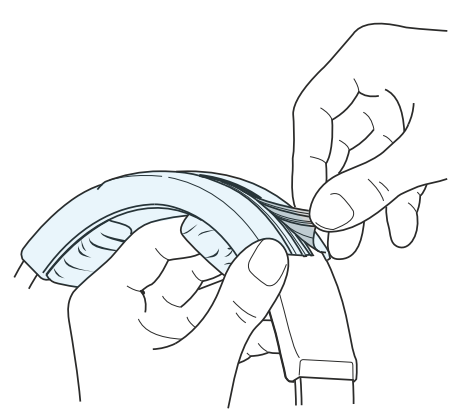
**ActiveGard™**



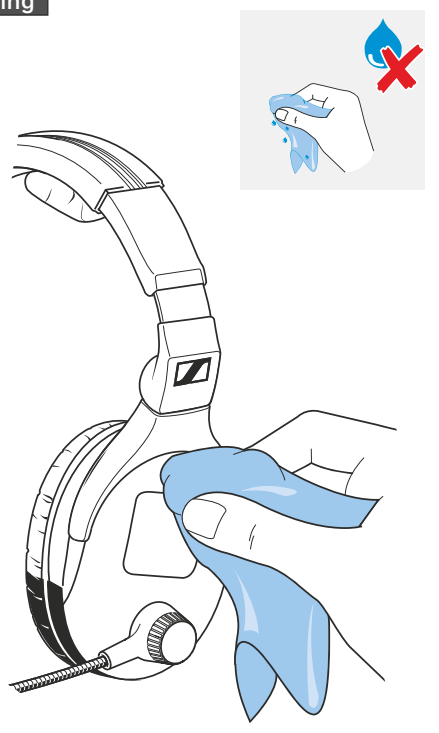
**Using the windshield**



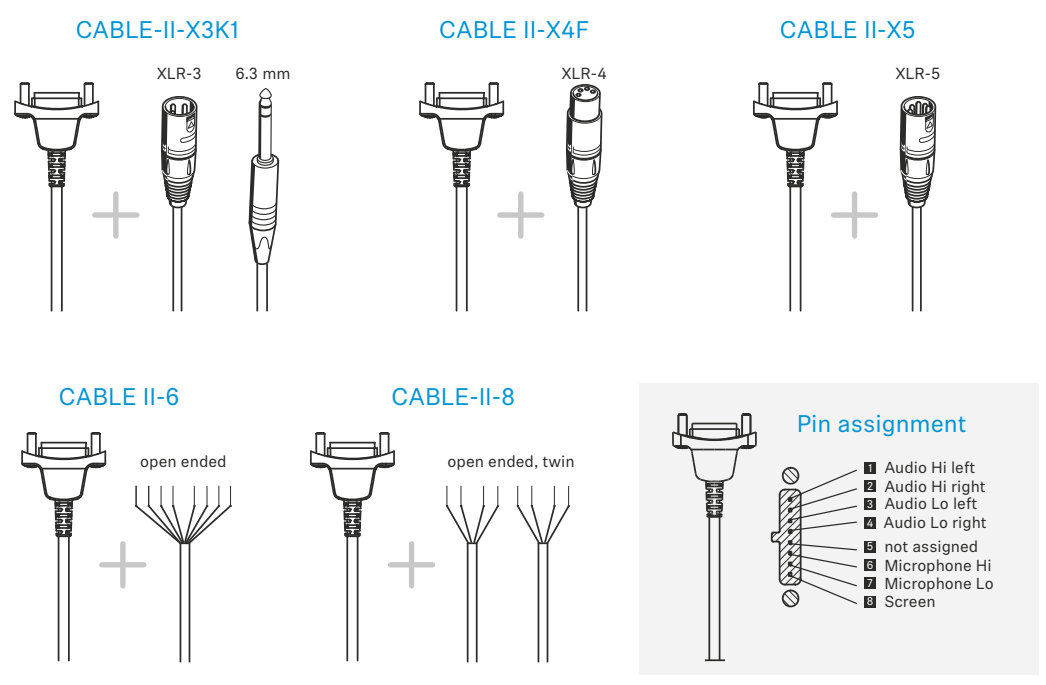
**Replacing headband / ear pad(s)**



**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