

Monopods for d-SLR Cameras

An Ideal Support System When a Tripod is Just Too Much!

A monopod is just that - a one-legged support for your camera. While a monopod certainly does not provide the same sturdy three-legged support of a tripod, it is still quite better than simply hand-holding a camera and long lens. Next time you go to a professional ball game, take a look at the sidelines where the professional sports photographers hang out with their cameras and monopods.

Monopods are great for 1. fast-moving situations where you need to be nimble with your gear without using a bulky and clumsy tripod. Examples are sports and indoor events; 2. low-light situations where tripods are simply not practical; 3. Locations where tripods are prohibited; and 4. Hassle-free travel.

Manfrotto is the Brand I Endorse

Manfrotto (distributed by Bogen) manufactures a great line of camera support products. I've been using them for years and I trust my equipment to them. These are very sturdy - a requirement when supporting expensive equipment!



The Manfrotto 676 and 680 Monopods

These sturdy monopods are made of aluminum and are available also available in black. I have found the best prices to be from Amazon.com. These come without heads (see next section). Tilt heads are not strictly required to utilize a monopod, but they sure make it easier to use, and I recommend them.

	Manfrotto 676	Manfrotto 680
Closed Length	48 cm / 18.9 in	51 cm / 20 in
Minimum Height	48 cm / 18.9 in	51 cm / 20 in
Maximum Height	154 cm / 60.6 in	154 cm / 60.6 in
Weight	.40 kg / 14.1 oz.	.83 kg / 29 oz.
Load Capacity	4.5 kg / 9.9 pounds	10 kg / 22 pounds
Leg Sections	4	4
Amazon.com Price	\$31.00	\$60.00

Monopod Heads - Manfrotto 234 Head and 234RC Head with Quick Release

The monopod head screws into the top of the monopod. The head then screws into the camera's tripod. The head (and optionally, the quick release plate) is used as a convenient way to quickly provide a tilt for better support and flexibility when using a monopod properly.



This is the quick release plate. It stays attached to the camera. The lever on the right allows you to quickly remove and replace the camera onto the head.

	Manfrotto 234	Manfrotto 234RC
Amazon.com Price	\$22	\$34

Using a Monopod

Monopods are not meant to be used in the way most people want to (straight up and down, perpendicular to the ground). As seen in the figure below, you can actually get a lot more stability by tilting the monopod out and applying force on it in conjunction with your body. In effect, your monopod and legs become a tripod! The monopod head is recommended for the ease in applying the proper outward tilt of the monopod itself.

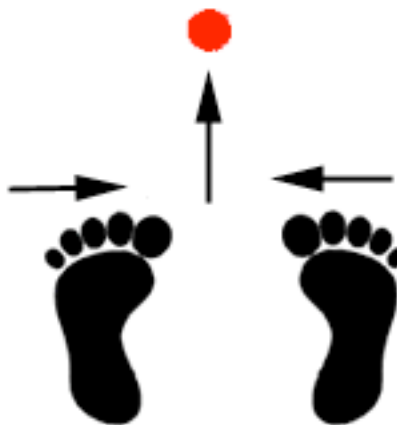


Figure 1