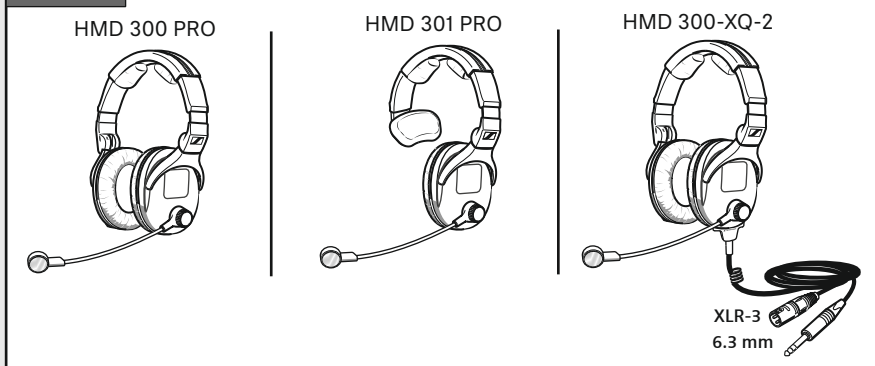




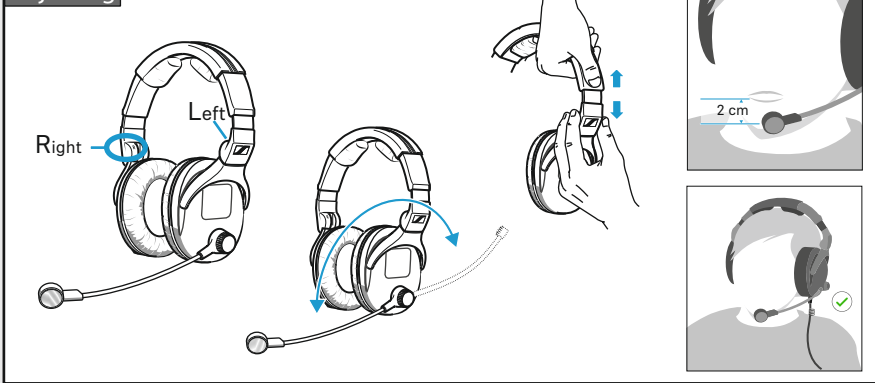
# HMD 300 / HMD 300-XQ-2 / HMD 301

**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 | 요약 설명서

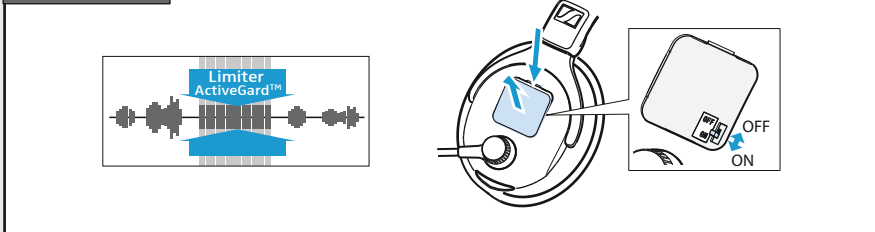
## In the box



## Adjusting



## ActiveGard™

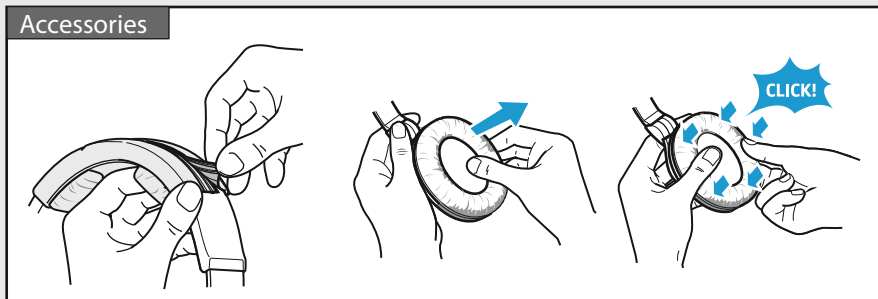


Sennheiser electronic GmbH & Co. KG

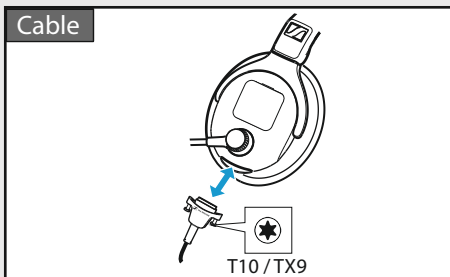
**SENNHEISER**

Am Labor 1, 30900 Wedemark, Germany, [www.sennheiser.com](http://www.sennheiser.com)  
Printed in Germany, Publ. 07/18, 578650/A01

## Accessories



## Cable



## Specifications

Headphone	HMD 300	HMD 300-QX-2	HMD 301
Acoustic principle		dynamic, closed	
Ear coupling		circumaural	
Frequency response		60 - 25,000 Hz	
Impedance		64 Ω	
Power rating		500 mW	
Sensitivity		108 ±3 dB SPL / 1 V <sub>rms</sub> / 1 kHz Limiter off	
Max. SPL ActiveGard off		123 dB SPL @ 1 kHz	
Max. SPL ActiveGard on		110 dB SPL @ 1 kHz	
Ambient noise attenuation		≤32 dB	
Distortion		<0.1% @ 1 kHz, 94 dB SPL	
Contact pressure		approx. 6.0 N	
Cable length		approx. 1.55 m	
<b>Microphone</b>		<b>BMD 404</b>	
Type		noise cancelling	
Transducer principle		dynamic	
Directivity		hyper-cardioid	
Impedance		300 Ω	
Sensitivity		0.4 mV/Pa @ 1 kHz	
Near field frequency range		80 Hz - 16,000 Hz	
<b>General Data</b>			
Temperature		Operation: -15 °C .... +55 °C	
		Storage: -55 °C .... +70 °C	
Relative humidity		≤90%	
Weight without cable	approx. 319 g (HMD 300)		approx. 242 g (HMD 301)