

How should I format my images and videos?

Images may be submitted in the following formats: .JPEG, .PNG, .GIF, .TIF, .TIFF, .BMP, .TGA

Videos may be submitted in the following formats: .M4V, .MOV, .MP4, .TLV, .ASF, .MPEG, .MPG, .MKV

Images can be up to 5 MB each. Video can be up to 250 MB each and PDFs can be up to 10 MB each.

Your images will upload faster if you export optimized JPEG versions of your images. To do this, open your image in Photoshop and use “Save for Web.” Other programs have some sort of export to JPEG feature that makes a smaller version of your images.

If you have trouble uploading video, open your file in Quicktime (it’s free for Mac and PC) then export it to MPEG using H.264 encoding (this is a checkbox). This greatly reduces the file size and should make uploading easier.