To use the GoPro Handmount Strap remove the seal from the camera door and route the strap through the case before closing it. However, there have been reports of cracked cases from the added pressure of having the webbing run through the case. Be extra careful not to run the webbing through the corner as you close the case. If you are willing to modify one of your camera case doors to preserve your case and prevent it from cracking, here is how:

Use the second door you got with your GoPro that has the cutouts in the back. You will have to cut off some of the plastic which will result in your door not sealing properly any more. The door with the cutouts doesn't seal any way.

1. remove the seal

   ![Image of a GoPro case and strap]

2. With a Dremel tool or equivalent cut off about half the lip the seal sits on. Do so on the sides (short sides) so the strap can later run left to right on the camera.
3. If you have done this right the seal should still be held in place by the remaining lip so you can still use the door with your regular mounts. The seal is very important because it keeps the case from coming open accidentally during regular use.
4. Route the strap of the hand mount across the door WITHOUT the seal in place.
and close the camera case
5. wear the strap as follows