Zoom Best Practices

The following items are recommended for best performance/participation in Zoom meetings and webinars

- USB Microphone Headset
- HD Webcam/Video Camera
- Required Bandwidth:
  - For 1:1 video calling: 600kbps (up/down) for HQ video and 1.2 Mbps (up/down) for HD video
  - For group video calling: 600kbps/1.2Mbps (up/down) for HQ video. For gallery view: 1.5Mbps/1.5Mbps (up/down).
  - For screen sharing only (no video thumbnail): 50-75kbps
  - For screen sharing with video thumbnail: 50-150kbps
  - For audio VoIP: 60-80kbps

Recommended bandwidth for Webinar Attendees:
- For 1:1 video calling: 600kbps (down) for HQ video and 1.2 Mbps (down) for HD video
- For screen sharing only (no video thumbnail): 50-75kbps (down)
- For screen sharing with video thumbnail: 50-150kbps (down)
- For audio VoIP: 60-80kbps (down)

**Click HERE for more detailed official requirements on using Zoom.**