**Zoom Best Practices**

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

- USB Microphone Headset
- HD Webcam/Video Camera

**Recommended Bandwidth:**

- **For Meetings and Webinar Panelists:**
  - 1:1 video calling: 600kbps (up/down) for HQ video and 1.2 Mbps (up/down) for HD video
  - Group video calling: 600kbps/1.2Mbps (up/down) for HQ video. For gallery view: 1.5Mbps/1.5Mbps (up/down).
  - Screen sharing only (no video thumbnail): 50-75kbps
  - Screen sharing with video thumbnail: 50-150kbps
  - Audio VoIP: 60-80kbps

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

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