

**Get the *MacBook Pro Essentials* guide**

Learn more about setting up and using your MacBook Pro in the *MacBook Pro Essentials* guide. To view the guide, go to [support.apple.com/guide/macbook-pro](https://support.apple.com/guide/macbook-pro).

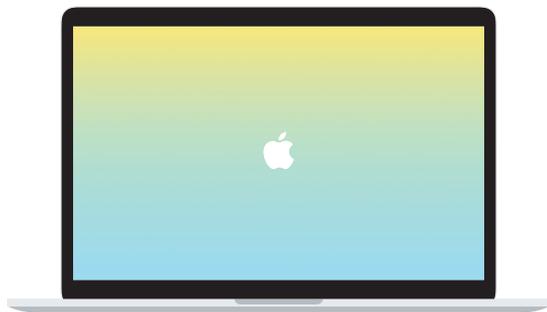
**Support**

For detailed information, go to [support.apple.com/mac/macbook-pro](https://support.apple.com/mac/macbook-pro).  
To contact Apple, go to [support.apple.com/contact](https://support.apple.com/contact).

 **MacBook Pro**

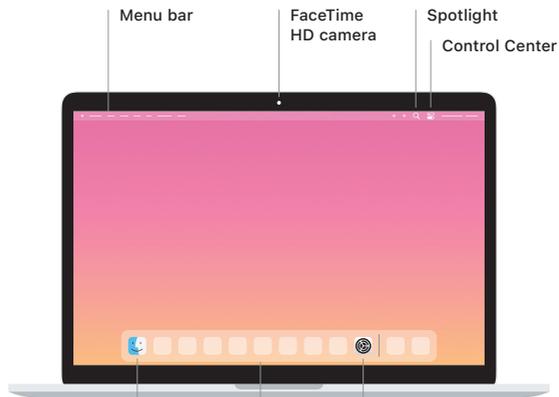
## Welcome to your MacBook Pro

MacBook Pro automatically starts up when you lift the lid. Setup Assistant helps get you up and running.



### Thunderbolt / USB 4

Charge your MacBook Pro and connect external storage or a display.



Menu bar

FaceTime  
HD camera

Spotlight  
Control Center

### Finder

Access all your files, folders, and apps.

### Dock

Easily get to the apps you use most.

### System Preferences



Headphone

## Touch Bar

The Touch Bar changes based on your current application and activity. Use the Control Strip on the right side to adjust frequently used controls like volume and brightness. Tap  to expand the Control Strip. Tap  on the left to close it.

## Touch ID

Your fingerprint can unlock MacBook Pro and make purchases from the App Store, the Apple TV app, Apple Books, and websites using Apple Pay.



Touch Bar

Touch ID  
(power button)

Force Touch  
trackpad

## Multi-Touch trackpad gestures

Brush with two fingers on the trackpad to scroll up, down, or sideways. Swipe with two fingers to flip through web pages and documents. Click with two fingers to right-click. You can also click and then press deeper on the trackpad to force click text and reveal more information. To learn more, choose System Preferences in the Dock, then click Trackpad.