StreamGearLab

Stream Settings Cheat Sheet

Official H.264 bitrates for Twitch, YouTube and Kick, plus the OBS checklist.

Official bitrates (H.264, checked Nov 2026)

Setting	Twitch	YouTube (min – rec.)	Kick (suggested)
1080p60	6,000 kbps	6,000 – 17,000	6,000 – 8,000
1080p30	4,500 kbps	5,000 – 14,000	4,500 – 6,000
720p60	4,500 kbps	3,000 – 8,000	3,500 – 5,000
720p30	3,000 kbps	3,000 – 8,000	2,500 – 4,500
Rate control / keyframe	CBR / 2 s	CBR / 2 s (max 4)	CBR / 2 s

Pick a resolution

Upload under 6 Mbps
720p30 at 3,000 kbps

6–8 Mbps
Fast games: 720p60 at 4,500
Slow content: 1080p30 at 4,500

8+ Mbps and modern GPU
1080p60 at 6,000 (Twitch)

Upload rule: start at about **75% of your worst upload test** (OBS KB). Twitch suggests about 30% headroom.

OBS checklist

- [ ] **Settings → Video:** Base = monitor size. Output = 1280×720 or 1920×1080. Lanczos (Bicubic if the GPU is busy). FPS 30 or 60.
- [ ] **Settings → Output (Advanced):** hardware encoder (NVENC / AMD / QSV / Apple VT), CBR, bitrate from the table, keyframe 2 s.
- [ ] **Preset:** NVENC “Quality”. x264 between veryfast and medium.
- [ ] **Audio:** AAC. YouTube recommends 128 kbps at 44.1 kHz.
- [ ] **Test:** 5-minute test stream, watch View → Docks → Stats for encoding lag or dropped frames.

Fast motion? Keep 60 fps and drop to 720p. **Text or faces?** Prefer 1080p, at 30 fps if bitrate is tight.

Free tools: streamgearlab.com/tools/obs-settings-generator/ and /tools/bitrate-calculator/