

Photo 1: exposure guide

What is exposure? The amount of light that hits the film.

What is “good” exposure? The correct amount of light hitting the film. It needs to be just right – not too much and not too little.

Over exposure means the film got too much light, the negative is too dense.

Underexposure means not enough light hit the film – the negative is thin, transparent.

- **Use your exposure guide while you are shooting**
- **Always check your aperture and shutter speed settings before you shoot.**
- **Always take 2-3 exposures of each scene, changing the speed or aperture (Bracketing exposures)**

Keep your film exposures separate from your partner

Exposure Guide for T-Max 400 film	
Lighting Condition	Exposure Control Settings
Bright or Hazy Sun on Snow or Sand	1/500 @ f22
Bright or Hazy Sun (distinct shadows)	1/500 @ f11 (sun on subject) 1/500 @ F8 (sun behind subject)
Weak Hazy Sun (soft shadows)	1/250 @ f11
Cloudy Bright (no shadows)	1/500 @ f8
Heavy Overcast / Open Shade (subject shaded from the sun but lighted by a large area of clear sky)	1/500 @ f5.6
Regular Classroom (with overhead lights on)	1/60 @ wide open aperture
Hallway	1/60 (or slower) @ wide open aperture

**Watch the quality of the shadows.
Pay attention to the light's direction.
Always check your camera's settings.**