THE MANUAL PHOTOGRAPHER'S CHEAT SHEET

Forget the retro filters on your camera phone. Instead, why not pick up a film camera and create the dreamy colours, effects and flaws that can only truly be captured with analogue photography?

Using a film camera requires a bit of knowhow to what, where and how you want to shoot.

STEP ONE
PICK YOUR FILM

CHOOSE YOUR SIZE
This will depend on the type of camera you're using – check camera markings if you're unsure.

FORMAT	IMAGE SIZE	NUMBER OF SHOTS		
35 mm	25 x 36mm	12	24	36
6 x 4.5cm (645)	56 x 42mm	12 per (120 roll)	24	
6 x 6cm	56 x 56mm	12 per (120 roll)	24	Medium format (120 or 220 film)
6 x 7cm	56 x 72mm	10 per (120 roll)	20	
4 x 5"	10 x 125mm	Sheet		
5 x 7"	127 x 178mm	Sheet		Large format
8 x 10"	203 x 254mm	Sheet		

FILM SIZE COMPARISON

35 mm · 645 · 6 x 6 · 6 x 7 · 8 x 10 · 5 x 7 · 4 x 5
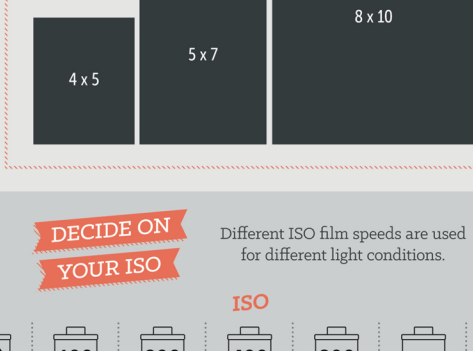
DECIDE ON YOUR ISO
Different ISO film speeds are used for different light conditions.

ISO
50 · 100 · 200 · 400 · 800 · 1600 · 3200

RECOMMENDED CONDITIONS

| Very bright sunlight (white sand or snow) | Bright sunlight (sunny day) | Sunlight (some shade) | Sunlight, overcast | Overcast, dusk | Night time, indoors | Night time, indoors |
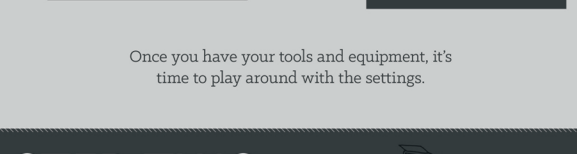
TIP HAPPY MEDIUM
If you're starting out, ISO 400 is a good all-purpose film that can be used for most conditions.
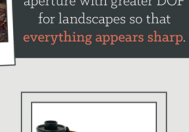
TIP HIGH GRAIN
The higher the ISO, the grainier your photos will appear. The au external flash or longer shutter speed and night at sight with a lower ISO to get around this.

Once you have your tools and equipment, it's time to play around with the settings.

STEP TWO
ADJUST YOUR SETTINGS

The below adjustments apply to digital SLRs as well as film.

APERTURE
This controls the diameter of the lens opening, which then controls the amount of light that is let in.

Large aperture — Lets in more light — ƒ 2.8 · ƒ 4 · ƒ 5.6 · ƒ 8 · ƒ 11 · ƒ 16 · ƒ 22 — Small aperture — Lets in less light
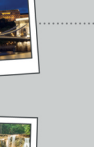
Shallow depth of field — Greatest depth of field

Changing the aperture also changes the depth of field (DOF)

You'll want a large aperture with shallow DOF for portraits for the subject is sharp and the background is soft.

You'll want a smaller aperture with greater DOF for landscapes so that everything appears sharp.

ƒ 2.8 · ƒ 8 · ƒ 22

SHUTTER SPEED
This controls how fast the shutter opens and closes, which, alongside aperture, controls how much light is let in.

SHUTTER SPEED	EXAMPLE SCENARIO
BULB	Light painting
30"	Car trail lights at night
8"	City lights at night
4"	Waterfall
2"	
1"	
1/2	Waterfall
1/4	
1/8	
1/15	Landscape
1/30	
1/60	Portrait
1/125	
1/250	
1/500	
1/1000	Stop image of a bird in flight
1/2000	
1/1000	Stop image of a race car
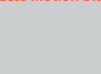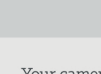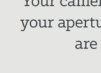
More motion blur ↑ / Less motion blur ↓

TIP
Experiment with panning to give a sense of movement. This involves using a slower shutter speed and tracking the subject smoothly as it moves.
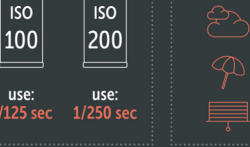
TIP
Consider the distance of the object. Closer objects will appear faster to the camera, so make sure you hold your camera steady to minimise blur.

GET THE RIGHT EXPOSURE
Your camera's light meter will indicate if your aperture and shutter speed settings are too dark or too bright.

OVEREXPOSED WARNING MARK

UNDEREXPOSED WARNING MARK

If your camera is missing a light meter, or it is broken, there's still a way to properly expose your photos.

THE SUNNY 16 RULE

If it's a sunny day, set aperture to ƒ/16 and shutter speed closest to the reciprocal of your ISO

	ISO 50	ISO 100	ISO 200
USE:	1/60 sec	1/125 sec	1/250 sec

Use the sunny scale, just go down for less bright conditions

- ƒ/11 for bright daylight
- ƒ/8 for overcast
- ƒ/5.6 for outdoor shade
- ƒ/4 for dark shade

STEP THREE
TAKE YOUR SHOT

Some golden rules are as follows – but remember: photography is an art form, so don't be afraid to break them.
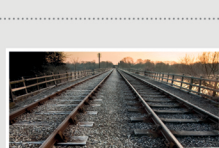
RULE OF THIRDS
Cut your frame into thirds using horizontal and vertical lines. Compose the photo so that there's a point of interest on the lines and/or intersections.
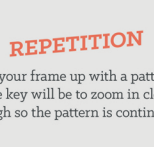
NEGATIVE SPACE
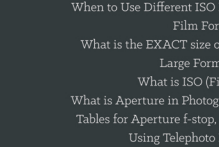Space around an object can give it room to breathe.

EXPERIMENT WITH CONVERGING LINES
Use lines in your frame to draw the eye towards a focal point.

BODY CROPPING
Don't cut off body parts except at the mid chest, waist or mid thigh region.

REPETITION
Fill your frame up with a pattern. The key will be to zoom in close enough so the pattern is continuous.

With analogue photography, mistakes are irreversible – which makes it all the more fun, but carry that camera everywhere and keep snapping away. Practice makes perfect (pictures).

Sources
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Large Formats – expertvillage.com
What is ISO (Film Speed)? – slrlounge.com
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What is Panning? – everydaygourmet.com
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Only 16 Simple & Comprehensive Beginner's Guide to Photography Second Edition, Selective Focus Press