

f 16	f 64	f 100
1/128000 Secs	1/16000 Secs	1/4000 Secs
1/64000 Secs	1/8000 Secs	1/2000 Secs
1/32000 Secs	1/4000 Secs	1/1000 Secs
1/16000 Secs	1/2000 Secs	1/500 Secs
1/8000 Secs	1/1000 Secs	1/250 Secs
1/4000 Secs	1/500 Secs	1/125 Secs
1/2000 Secs	1/250 Secs	1/60 Secs
1/1000 Secs	1/125 Secs	1/30 Secs
1/500 Secs	1/60 Secs	1/15 Secs
1/250 Secs	1/30 Secs	1/8 Secs
1/125 Secs	1/15 Secs	1/4 Secs
1/60 Secs	1/8 Secs	1/2 Secs
1/30 Secs	1/4 Secs	1 Secs
1/15 Secs	1/2 Secs	2 Secs
1/8 Secs	1 Secs	4 Secs
1/4 Secs	2 Secs	8 Secs
1/2 Secs	4 Secs	16 Secs
1 Secs	8 Secs	33 Secs
2 Secs	16 Secs	1 Mins 5 Secs
4 Secs	33 Secs	2 Mins 10 Secs
8 Secs	1 Mins 5 Secs	4 Mins 21 Secs
16 Secs	2 Mins 10 Secs	9 Mins 42 Secs
32 Secs	4 Mins 21 Secs	17 Mins 24 Secs
1 Mins 4 Secs	9 Mins 42 Secs	35 Mins 49 Secs
2 Mins 8 Secs	17 Mins 24 Secs	1 Hrs 10 Mins

1. Measure the light of the scene
2. Convert the measured time with the camera equivalent using this table
3. Adjust the time considering the reciprocity failure
4. Get the shot

Suggestions:

- You can use your cell phone to do the light metering and adjust the timing for the reciprocity failure (different for every film). Some app you can use for this are: Light Meter (Lumu app), Lighttime, Pinhole Meter, Reciprocity Timer.
- It is a good habit to adjust the timing for excess in order to obtain a shot slightly over exposed.
- Unless you want a specific look for the photo, it is recommended the use of a tripod or anyway a good place where the camera is stable.
- Try to see the exposures longer than 1 sec.
- To reduce at the bear minimum the camera shaking, this technique can be used:
 - Cover the pinhole with a finger
 - Open the shutter
 - Uncover the pinhole removing the finger in front of it
 - Register the image
 - Cover the pinhole with a finger
 - Shut the shutter
- If you are using a filter, remember to adjust the exposure timing for the filter used.