

| f 16 | f 64 | f 175 |
|-----------------|-----------------|-----------------|
| 1/4000 Secs | 1/250 Secs | 1/30 Secs |
| 1/2000 Secs | 1/125 Secs | 1/15 Secs |
| 1/1000 Secs | 1/60 Secs | 1/8 Secs |
| 1/500 Secs | 1/30 Secs | 1/4 Secs |
| 1/250 Secs | 1/15 Secs | 1/2 Secs |
| 1/125 Secs | 1/8 Secs | 1/2 Secs |
| 1/60 Secs | 1/4 Secs | 2 Secs |
| 1/30 Secs | 1/2 Secs | 4 Secs |
| 1/15 Secs | 1 Secs | 8 Secs |
| 1/8 Secs | 2 Secs | 15 Secs |
| 1/4 Secs | 4 Secs | 31 Secs |
| 1/2 Secs | 8 Secs | 1 Mins 1 Secs |
| 1 Secs | 16 Secs | 2 Mins 2 Secs |
| 2 Secs | 33 Secs | 4 Mins 4 Secs |
| 4 Secs | 1 Mins 5 Secs | 8 Mins 8 Secs |
| 8 Secs | 2 Mins 10 Secs | 16 Mins 16 Secs |
| 16 Secs | 4 Mins 21 Secs | 33 Mins 33 Secs |
| 33 Secs | 9 Mins 42 Secs | 1 Hrs 5 Mins |
| 1 Mins 5 Secs | 17 Mins 24 Secs | 2 Hrs 10 Mins |
| 2 Mins 10 Secs | 35 Mins 49 Secs | 4 Hrs 20 Mins |
| 4 Mins 21 Secs | 1 Hrs 10 Mins | 9 Hrs 41 Mins |
| 9 Mins 42 Secs | 2 Hrs 19 Mins | 17 Hrs 22 Mins |
| 17 Mins 24 Secs | 5 Hrs 39 Mins | 35 Hrs 43 Mins |
| 35 Mins 49 Secs | 9 Hrs 17 Mins | 69 Hrs 27 Mins |
| 1 Hrs 10 Mins | 19 Hrs 35 Mins | 139 Hrs 53 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.