

f 16	f 64	f 223
1/4000 Secs	1/250 Secs	1/30 Secs
1/2000 Secs	1/125 Secs	1/8 Secs
1/1000 Secs	1/60 Secs	1/4 Secs
1/500 Secs	1/30 Secs	1/2 Secs
1/250 Secs	1/15 Secs	1/2 Secs
1/125 Secs	1/8 Secs	2 Secs
1/60 Secs	1/4 Secs	3 Secs
1/30 Secs	1/2 Secs	6 Secs
1/15 Secs	1 Secs	12 Secs
1/8 Secs	2 Secs	25 Secs
1/4 Secs	4 Secs	50 Secs
1/2 Secs	8 Secs	2 Mins 39 Secs
1 Secs	16 Secs	3 Mins 18 Secs
2 Secs	33 Secs	7 Mins 36 Secs
4 Secs	1 Mins 5 Secs	13 Mins 12 Secs
8 Secs	2 Mins 10 Secs	26 Mins 25 Secs
16 Secs	4 Mins 21 Secs	53 Mins 51 Secs
33 Secs	9 Mins 42 Secs	2 Hrs 46 Mins
1 Mins 5 Secs	17 Mins 24 Secs	4 Hrs 31 Mins
2 Mins 10 Secs	35 Mins 49 Secs	7 Hrs 3 Mins
4 Mins 21 Secs	1 Hrs 10 Mins	14 Hrs 6 Mins
9 Mins 42 Secs	2 Hrs 19 Mins	28 Hrs 11 Mins
17 Mins 24 Secs	5 Hrs 39 Mins	56 Hrs 23 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.