

SUNNY 16 RULE ---EXPOSURE CHEAT SHEET

This is a great rule to follow for outside natural light shooting. It works very well, and you can bracket (make exposures + or – one stop so you will have cover any variables—or sun going in and out).

If you use this sunny 16 rule, it means you will be ignoring what your meter is telling you, so you need to have your camera set on manual to do these settings. Or, you might have a camera without a working meter, but the shutter works fine and is not dependant on a battery. Or, you just want to understand light, and do it yourself. If you're in the same lighting situation, then you make your settings, and all you need to concern yourself with is proper focusing, and getting the shot!

Use f stop 16 as a starting guide for a sunny day. By sunny, I mean full sun. You determine your shutter speed by matching it as closely as possible to your shutter speed.

So, for example if you have 400 ASA Film, you would set your shutter speed at 1/500 sec and f-stop at f/16

When you do not have a light meter, the "Sunny 16 rule" or "Sunny f/16 rule" is a method to estimate correct daylight exposure. The Sunny 16 rule can also help to determine aperture and shutter speed settings when conditions are not typical sunny days.

Rules

1. Set your shutter speed equal to your film speed. (Shutter = Film Speed)
2. Set your aperture **equal to f/16** for sunny sky.

Aperture	Lighting Conditions	Shadow Detail
f/16	Sunny	Distinct
f/11	Slightly Overcast	Soft around edges
f/8	Overcast	Barely visible
f/5.6	Heavy Overcast	No shadows

What if it's not sunny?

If the lighting conditions are slightly overcast, open one stop to f/11. If overcast, open two stops to f/8. If deeply overcast, open three stops to f/5.6.

How do I distinguish between slightly overcast, overcast and heavy overcast?

Examine the shadow detail. If shadows are distinct but soft around the edges, then it's slightly overcast. If shadows are not distinct, but still visible - very soft - then it's overcast. If there are no shadows at all, then it's heavy overcast.

