

## Flash-fill for Existing Light Conditions

Using integrated or discrete flash

### OUT DOOR

**Easy way** – “Program”, “Aperture” or “Shutter” mode with flash on - See note for **A** or **S**.

**NOTE:** Be sure shutter speed isn't - **1**, too slow to hand-hold (1/30 or 1/Lens Focal length) or  
2. Faster than your camera max flash synchronization (check the camera manual).

#### For more control / creativity:

- Daylight – bright sun (front/side light) **Remove shadows, add eye sparkle**  
Flash-fill set for -1 to -3 f-stops(FEC = Flash Exposure Compensation) depending upon effect desired. Shutter speed not to exceed ‘flash-sync’ max speed. Select moderate aperture ie; f5.6 - f11, ISO and flash dependent.
- Daylight – bright (back light) **Illuminate front of subject to ‘closer’ match background**  
Meter the background at your fastest ‘flash-sync’. Manual set that shutter and aperture. Use flash at 100% or -1 f-stop(FEC) for effect. Move close enough for your flash/aperture range. Adjust ISO if necessary.
- Daylight – overcast **Increase detail, add sparkle to eyes**  
Use aperture(moderate f-stop) or shutter priority. “Program” will work with some cameras. Flash fill at -1 / -2 f-stops(FEC)
- Night time **Include background lighting for depth and atmosphere**  
Increase ISO, use slowest hand-held shutter speed, use appropriate aperture and 100% flash. Stay within the range of your flash/ISO distance limits. Avoid bright/distracting background lights. Option – use ‘Night-time’ setting if the camera has it but shutter may be too slow to handhold.

### INDOOR

**Easy Way** - “Program” setting with flash on

#### For more control / creativity:

- Home interior – well/moderate light **Environmental lighting effect**  
Increase ISO to 200, 400,, slowest hand-held shutter at desired/acceptable aperture, 100% flash. Take an ambient light reading to insure shutter speed selection is ‘equal-to’ or –1 f-stop so as NOT to over-expose ambient light. Avoid bright lights when taking the reading. Suggest 1/30 – 1/60 shutter.  
Bounce-flash can work if room light is fairly bright and ceilings aren't more than 10 ft. Beware of ‘causing shadows’ under eyes.
- Large room (dim light) **Background lighting for depth and atmosphere**  
Increase ISO, slowest hand-held shutter speed, use appropriate aperture and 100% flash. Suggest 1/30 – 1/60 shutter.  
“PROGRAM” setting on many cameras can handle this well but you must check the shutter speed your camera is assigning and adjust per above if necessary.
- Florescent / Overhead illumination **Natural lighting, eliminate eye-shadows**  
Take an ambient light reading to determine minimum shutter speed at the desired aperture. Under-expose ambient exposure (by changing shutter speed) by -1 or –2 f-stops. Suggest 1/30 – 1/60 shutter. Flash-fill 100%.  
A small amount of flash-fill can also provide color-correction.  
“PROGRAM” setting on many cameras can handle this well but you must check the shutter speed your camera is assigning and adjust per above if necessary.