1. **FLASH SETTING**
   - ISO 3000
   - BLACK & WHITE FILM (ISO 3000)
   - OR
   - ISO 100 (OR 80)
   - COLOR FILM (OR B&W ISO 100)
   - GREEN LIGHT ON

2. **SET TIMER**
   - SEE FILM PACK FOR APPROPRIATE DEVELOPMENT TIME

3. **CAMERA SETTINGS**
   - **APERTURE**
     - 16 (LIGHTEN / DARKEN)
   - **CAMERA ON / OFF**
     - (0 = OFF, 1 = ON)
   - **DISTANCE**
     - 1.2
   - **SHUTTER SPEED**
     - 125

4. **FLASH READY**
   - STROBE UP WITH REFLECTOR FACING FORWARD
   - GREEN LIGHT ON (BACK OF STROBE)

5. **PORTRAIT SELECTOR**
   - IF YOU CHANGE THE PORTRAIT SELECTOR SWITCH YOU MUST THEN CYCLE THE SHUTTER ONCE WITH THE LENS CAPS ON (OR DARKSLIDE IN)

6. **REMOVE**
   - DARKSLIDE OUT
   - **LENS CAPS OFF**

7. **VIEW FINDER**
   - FRAME SUBJECT
   - CHECK DISTANCE (PRESS BLUE BUTTON 1/2 WAY)

8. **TAKE PICTURE**
   - BLUE BUTTON FULLY Pressed