ISO Cheat Sheet

ISO Is A Volume Control For Your Camera

- When it's bright, with a lot of light, that's like having really loud music. In this case you'd turn your ISO down.

- When it's dim, without much light, that's like having really quiet music. In this case you'd turn your ISO up.

ISO Settings To Use In Common Shooting Situations*

- Bright Sunny Day: ISO 100
- Overcast Day: ISO 200 or ISO 400
- Indoors w/ Normal Lighting: ISO 800 or ISO 1600
- At a Bar/Nightclub/Wedding: ISO 3200 or higher
- Outdoor Sports: ISO 200
- Indoor Sports: ISO 6400 or higher

These are starting points for choosing an ISO. There are many cases where you may use higher or lower ISOs than suggested here due to variations in the conditions you're shooting in.

Don't Obsess Over The Noise

Increasing your ISO does increase the noise in your image, but the content of your image is far more important, and it's better to have a noisy photo than no photo at all.