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# Flash Guide Numbers Explained

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Flash Guide  
Numbers

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Explained

A flash's power is determined by its Guide Number, with low Guide Numbers (GN) indicating a weak or less powerful flash than one with a high GN. For ease of comparison, most flash GNs are rated for an ISO 100 film. If you use a film with a lower ISO the GN will be lower, and, conversely, if you use a higher speed film the GN will be higher.

Understanding Flash Guide Number (and Common Misconceptions)

Guide Number simply is the multiplied product of (flash distance x f/stop) for a proper exposure situation (normally specified for ISO 100). For example, if a certain Guide Number were equal to 100 (feet), then it says a correct direct flash exposure is f/20 at 5 feet, or f/5 at 20 feet, or f/10 at 10 feet, etc. Guide number - Wikipedia When setting photoflash exposures, the guide number (GN) of photoflash devices (flashbulbs and electronic devices known as "studio strobes", "on-camera flashes", "electronic flashes", "flashes", and "speedlights") is a measure photographers can use to calculate either the required f/stop for any given flash-to-

subject distance, or the required distance for any given f/stop. To solve for either of these two variables, one merely divides a device's guide number by the other.

Tutorial: How to use the guide number of your flash

What's the best camera costing over \$2000?

The best high-end camera costing more than \$2000 should have plenty of resolution, exceptional build quality, good 4K video capture and top-notch autofocus for advanced and professional

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users.

[Understanding Guide](#)

[Numbers | B&H](#)

[Explora](#)

Flash Guide Numbers  
Explained

*Flash guide*

*numbers explained /*

*Studio Lighting*

*Forum ...*

Your flash's Guide

Number (GN) is

determined at 100

ISO, when it gives

correct exposure at

a certain distance,

multiplied by the f-

stop The idea that

we can figure out

the manual flash

exposure by the

combination of

distance and

aperture (for a

given ISO setting),

was covered in

these recent topics:

**Making Sense of**

**Your Flash's Guide**

**Number - DIY**

**Photography**

Mystified by talk of

“guide number” and

“flash power”?

Gerald Undone made

this helpful 10-minute

video that explains

everything you need

to know about the

light from strobes and

...

**Flash Level**

**(Guide Number)**

**- Nikon | Imaging**

**Products**

Flash Guide

Numbers on Flash

Units Guide

numbers are a way

to compare the

power of flash

units, but not

necessarily a true

indication today of

all its capability.

They were used

historically to

allow exposures to

be easily

calculated when

flash was used, of

course today we

have so many

other options that

few now would

regularly perhaps

use them for this.

*Flash Guide*

*Numbers on Flash*

*Units -*

*Photographers*

*Resource*

Guide Number is a

numerical method

used to determine

exposure of direct

flash for Manual

flash power levels,

to automatically

deal with the

Inverse Square

Law, making the

math be trivial. The

reference base is a

known accurate

Guide Number for

one situation, from

which other

situations can be

---

calculated.

**Yangnou flash guide numbers: Studio and Lighting Technique ...**

The guide number refers to the light output power the flash produces. So from the small selection above, you can see the Canon 580 and YN568 are same power, and the Canon 430 has more power than the YN460 with a BIG caveat. The guide number must be specified under same conditions.

*Demystifying Flash Guide Numbers - Vivid Light*

The guide number gives the (nominal) number of meters away a subject can be to be lit at that focal length and ISO, at f/1. Divide by aperture to get

effective distance stopped down to the realm of real lenses — that is, the Metz 48 AF-1 is listed as providing full lighting at about 3.6 meters away at f/8. [Compare Power Rating of Camera Flashes with Guide Numbers](#)

That's a great point, Wil. I find that most flash units list the guide number in meters, with feet in parentheses. A simple conversion would be to multiply meters by 3.33 to get feet.

Technically, guide numbers are supposed to be determined at ISO 100, but some

companies bump it up to 200.

[Understanding Camera Flash Guide Numbers, plus GN Calculator](#)

Guide Number = Shooting Distance  $\times$  f-number  $\div$  ISO factor This formula tells you what GN you'll need from your flash at that distance and with those settings. You can also rearrange the terms; for example, if you have a basic flash with a fixed guide number, and your subject distance is also fixed, you might want to put those terms on the same side, so you can just calculate some number on that side:

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The flash guide number tells you - in a general sense - how powerful the flash is and hence, how much of an area it can illuminate.

### **What is the quantitative relation between flash guide number ...**

The flash guide number (GN) is a measure of the distance at which the flash can illuminate a subject. The higher the guide number, the greater the distance at which the light from the flash is sufficient for optimal exposure.

*Flash Guide Number - OnSet ep. 70*

Join Daniel Norton OnSet as he shows you how to use your

small flash's guide number to determine correct exposure.

When working with flashes in manual mode, the guide number will help you quickly...

*Flash Photography - Understanding Guide Numbers*

In short, guide numbers on a flash indicate how much light that flash can produce. You'll see them in the specs indicated in either meters or feet. The higher the guide number the further the flash will reach.

### Flash Guide Number

Specifically, a flash unit's guide number indicates how much light the unit will emit in relation to a standard film speed. The higher the guide number, the more powerful the flash.

This number is

usually indicated in the owner's manual of the flash.

### **Guide Numbers Explained for Manual Flash - Calculator ...**

Guide numbers are based on a simple mathematical equation that states: the light output of an electronic flash is equal to the distance of the flash unit from the subject multiplied by the lens aperture, or f/stop.