



Smithsonian Associates

**Self Portraits: Photography**

**Instructor: Pat Howard**

Patricia Howard

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**Supply list (essential):**

**Camera** (preferably with adjustable shutter speed and aperture) or

**Cell phone**

**Tripod** (or some other means to hold your camera/cell phone still – for example, I have a ring light I use for Zoom that has a holder for my cell phone). Or, here's an example of a tripod for a cell phone:

[Cell Phone Tripod on Amazon](#)

***Please learn how to use the self-timer on your camera before class.***

**Optional:**

**Wireless Shutter Release** – a way to take a photograph without physically pushing the shutter release on your camera. (a self-timer can also be used)

Here's an example for Canon cameras – please note, you'll need one specific to the brand of your camera:

[Remote Shutter Release for Canon Cameras](#)

**Just for Fun:**

If you are using a cell phone, install the Light Painting app onto your phone before class

Bring one or two of the following to class: glow sticks, sparklers, a flashlight or an additional phone)

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