



## iPhone Video Lighting Cheatsheet

IT Arsenal solve technology problems for online entrepreneurs so they can move beyond their website, email marketing and sales system problems to make money, create a following, and succeed online. See more at [itarsenal.com](http://itarsenal.com)

# General Setup



lights 3 feet apart



right above  
eye level



smidge above eye level



right above  
eye level

clamp to  
stands or  
anything!

Use diffusion  
paper over lights,  
clip on with  
clothespins or  
clamps

# Scene Tips

## With Open Background...

Use diffusion paper to soften the lights



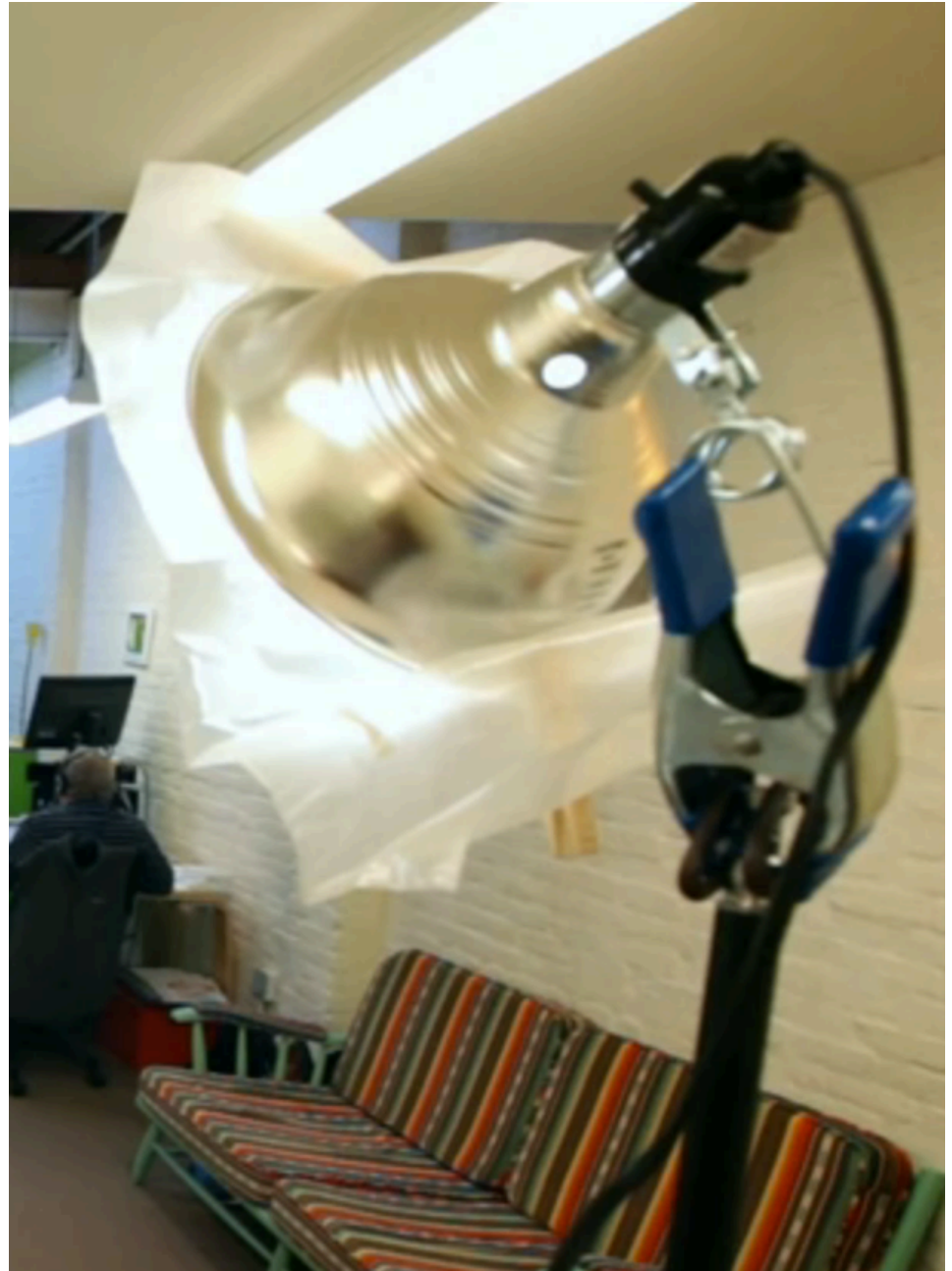
## With Close Background...

Use diffusion paper to soften the lights

Use third light, and point it up behind you  
[a lamp without shade may work]



**How to clamp light  
so it stays in place**



**Credit AppSumo & Wistia**

# Amazon Shopping List

[Bayco Clamp Lights \\$6.47 x 2 – \\$12.94](#)

[Daylight Compact Fluorescent Light Bulbs \\$9.11](#)

[Spring Clamps – 5.56 x 2 – \\$11.12](#)

[Photography Light Stands \[set of 2\] \\$27.93](#)

[Mini Clamps \\$7.49](#)

[Phone Clamp & Tripod Mount \\$5.97](#)  
[comes with mini tripod, removable for mounting to real tripod]



[Extension Cords \\$6.76 x 2 – \\$13.52](#)

[Camera Tripod \\$14.74](#)

[Diffusion Paper \[tracing paper\] \\$8.99](#)

[\[optional\] Flexible Camera Mount \\$14.27](#)  
[for odd positioned camera spots, use with Phone Clamp]

**Total: \$126.08 plus tax**

\*prices likely to change