

## Self Taping

Here's a list of the equipment I use,  
hope this helps...

<http://nlp-for-actors.com>

[peakactors@me.com](mailto:peakactors@me.com)

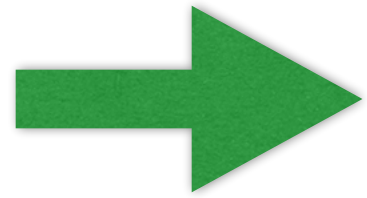
Twitter : @Nick\_dunning

x Nick



The Ultimate

# D.I.Y Self Taping Set Up

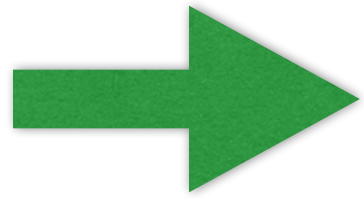


**Item No.1**

Logitech HD Pro Webcam C920,  
1080p Widescreen Video  
Calling and recording

I get better video quality with this than with my Flip HD Video Cam  
or my Sony \$2.5k digital SLR. It costs less than \$100.00





## Item No.2

Blue Yeti Multiple pattern selection Mic —  
cardioid, bidirectional, omnidirectional & stereo

I get better audio quality with this. It costs just over \$100.00 and plugs directly into my macbook - the sound is awesome - think “Dolby Surround” Here’s a link...

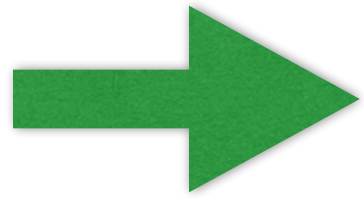


or...



Lavalier Lapel Mic - About 25\$

Portable - Almost as good - Cheaper



### Item No.3

# Screenflow Editing Software

Screencasting and video editing software

Record your screen.

Edit your video. Share with the world.

Direct upload to dropbox, you tube, vimeo etc...

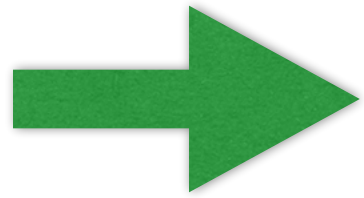
About \$99.00



The mac comes with iMovie - (Great)

PCS have Camtasia (Cost there) iMovie is just as good -  
Screen flow is simpler and more flexible for me.



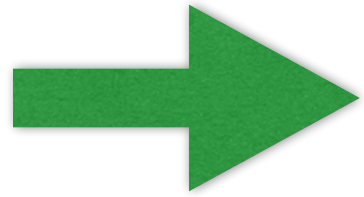


**Item No.4**

3 EXMAX Z96 LED Light Panel  
HDV-Z96 96 LED  
Light On-Camera Video Light

About 65\$ each - I have 3





## Item No.5

iPhone 5 or Better

(I don't know about Samsung etc but I am sure they are good - the iPhone camera lens is awesome though.  
If you only have access to an iPhone you're good to go.



Do consider 3 point lighting if you can - here's link  
[https://youtu.be/j\\_Sov3xmgwg](https://youtu.be/j_Sov3xmgwg)

Extra bits and pieces



Gorilla mini iPhone clamp  
for steadiness

or



Tripod - Amazon - \$30

Background - always ***neutral*** -  
white wall or portable white screen