ISO
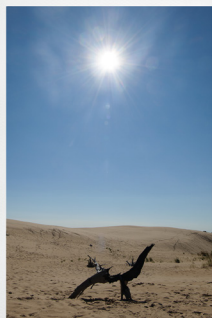
ISO allows you to "Amplify" the existing light to get the exposure you need for your creative vision.

parkerphotographic.com

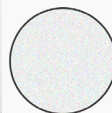
On bright sunny days use a low ISO setting.

Anywhere from 50-200 will do.
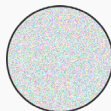
Grain

ISO 100

Shooting in the shade or on a partly cloudy day... ISO 200-400 is recommended.
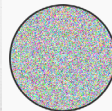
ISO 200

Indoor window light or dense clouds may require an ISO of 400-800.
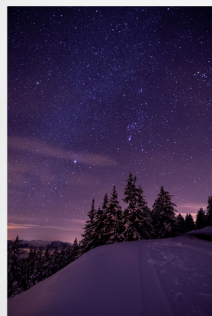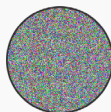
ISO 400

At the beginning of a sunset ISO 400 is doable. As it sets lower you'll need to amplify the light.
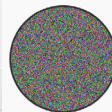
ISO 800

Indoor sporting arenas or party venues typically have low light. Use ISO 1600+.

ISO 1600

At night the light is dim. Start with ISO 3200 and go higher if needed.

ISO 3200

PRO TIP:
Your electronic camera is NOT sensitive to light!