How to wind film on the winding bench

1. Put film on winding spindle. Lift it up and put the film reel on the rod.

2. Put the spring holder on to the rod to hold the film reel on the spindle.
3. Film reel should look like this when loaded on to the winding spindle.

4. Then put a split reel with a plastic core on the opposite winding spindle.

Make sure there is a plastic core inside the splint reel

Thread the film into the slot of the core to wind it on to the split reel
5. Begin winding the film off the film reel on to the core inside the split reel.

6. Putting tension on the source reel, with your left hand to keep the film packed tightly on to the split reel.