Resistors

\[ R_f : 10 \, \Omega \quad R_L : 1 \, k\Omega \]

Capacitor

\[ C_f : 470 \, \mu F \]
electrolyte capacitor, watch correct poling!

Light Emitting Diodes

high-brightness white LED with small emission angle 15° – 30°, watch correct poling!
Flashmotion Device 1/2
LED Flash
assembly diagram