

Preparation and Wardrobe

Multiple Wardrobe Changes Are Very Important To Keep Pictures Interesting.

I normally take 200 to 600 pictures and you end up with around hundred to pick from in a standard session.

Female Wardrobe

- **Many professionals** will pack a suitcase or large bag and take it to the shoot location so we can adjust contrast for changing skies and backgrounds
- For most sessions you can change 2 to 8 times
- Please text or email pics of 9 – 15 outfits for review
- Try to layout 2 to 3 matched outfits in each picture
- I will “X” each outfit that has bad contrast or distractions
- I will Circle the best outfit to show up in to start photo session

Session Wardrobe

Clothing

For most sessions you can change 2 to 8 times

Casual (park & beach)

- Tank crop top, spaghetti strap crop top, v neck tank, strapless crop top, strapless tube top, spaghetti strap crop tube
- Your favorite or memorable tops
- Shorts, long skirts, short skirts, pants

Dresses (park & beach)

- Hippie dress, sundress, formal, evening, costume, period dress

Swimsuits (beach)

- Smooth, colorful, white or black

Swimsuits with Cover Ups & Sheer Warps (beach)

- Smooth, skin color, white or gold

Colors

Beach Sessions

- Blue, purple, green, red, mauve, pink, magenta, teal, black, orange, yellow, browns, light gray, white
- Browns and blacks may washout against sand and rock
- Sky blue may wash against clear skies
- Light gray and whites may wash against cloudy skies
- For beach sessions it's important to pack extra in case we need to adjust contrast to changing sky color

Park Sessions

- Blue, purple, red, mauve, pink, magenta, teal, orange, yellow, light gray, white
- BAD Greens, browns, black

Brightness

- Not real bright is best (fluorescent is bad)

Patterns and Textures

Patterns

You do not want to compete with your clothing

- Solids are best, paisley or hippie
- BAD – Extreme outfits that draw the eye away from your face

Textures

- GOOD – Smooth body hugging or flowy cloth
- BAD – Ruffles, bunching, excessive folds, heavy stitching, thick padding, double cloth

I Normally Bring

- Sheer Wraps
- Paper Umbrella
- Chair (park session)

Upon Request

- Pearl Beads
- Flower Crowns
- Violin

General Tips

- Personality Choose the clothes that match your personality
- Textures should be thin and smooth so it hugs or flows over your body
- Undergarments should be unnoticeable, smooth, close fit and a non-bunching
- Tight Clothing should be smooth and free of heavy seams and distractions
- Loose Clothing should be thin and flow over your body, not constrict it
- Swimsuits, Bikinis and Thongs should be smooth, close fit and non-bunching
- Sheer Clothing Use unnoticeable pasties and skin or white bikini-thong bottoms
- No Nude Pictures

Hair Styles

Change It Up

- Headbands
- Scarfs
- Pigtails
- Ponytails
- Clips and pins
- Quick Bun

It's best to show with the most time consuming look, then do fast changes during the session. There is no time for extensive hair changes such as braiding.

Outdoor Makeup

Good

- Show Up With A Natural Makeup Look
- Clear Lip-Gloss and Mascara will do just fine
- Setting Powder is essential to reduce shiny skin, but only apply if I ask
- Bring Towel to dab perspiration
- I always remove acne blemishes, bug bites, sores and whiten yellow teeth
- I normally reduce or remove certain scares that distract from your beauty

Bad

- Thick Makeup is Very Bad
- Unless you have a professional that works with models and actors, do not apply thick makeup
- I cannot edit or retouch it and you will look like plastic in pictures
- I can only edit real skin successfully.
- Bring your normal makeup and a small mirror in case we need it

Accessories

Please Bring Some Of These Items

- Jewelry
- Boots
- Casual Shoes
- Sandals
- High Heels
- Flops
- Favorite Hat
- Big Hats

Optional Ideas

- Wraps
- Jackets

You do not have to go strictly by the Photo Session Checklist. Bring items that match your personality, hobbies or your favorite sport.

Photo Session Props

Please Bring Some Of These Items

- Hand Bag or Purse
- Small Hobby Items
- Books
- Mugs, Cups, Wine Glass

Optional Ideas

- Small Mirror
- Hand Fans
- Empty Picture Frame
- Baskets
- Cushions
- Stuffed Animals

Beach Session Checklist

Time

- Beach Sessions run 1.5 to 3 hours

Wardrobe Changes

- Normally you change change 2 to 8 times
- The shoot location is normally fairly close to the bathhouse

Sun Low to Rising

- Portrait or fashion type posing on rocks and beach
- Swimsuit with with the sun shining through sheer wraps (I bring a few)
- 2 to 4 wardrobe changes for Sun Low to Rising

Sun Up

- Swimsuit on the rocks, beach or the water
- Beach sessions can also be action posing such as dance and fitness
- 2 to 4 wardrobe changes for Sun Up

Wardrobe

- Casual
- Dresses
- Swimsuit

Park Session Checklist

Time

- Sundown Park Sessions run 1 to 2 hours

Wardrobe Changes

- Normally you change change 2 to 6 times
- The shoot location will be close to your vehicle for changing

Sun Up and Bright

- Standing, leaning on a tree, sitting and on ground
- Action such as dance, fitness or other action shots
- 2 to 3 wardrobe changes for Sun Up and Bright

Sun Low to Sun Setting

- The second half of session can be in front of marsh or on a fallen tree
- The marsh is great for portraits if the sun shines behind you creating nice rim lighting for hair
- The tree is great for body posing. There is limited space and you should be fit to climb and pose on a tree.
- 2 to 3 wardrobe changes for Sun Low to Sun Setting

Wardrobe

- Casual
- Dresses

Maternity Sessions

The photo session checklist would not be complete without showing off your baby bump!

- Baby Bumps photos should have a bikini style undergarment that is skin color, white, gold or black
- Undergarments should be unnoticeable, smooth, close fit and non-bunching
- Open front maternity dress over bikini should be loose, flowing
- Sheer, solid or non distracting pattern
- I bring a few lacy wraps

Photo Session Posing

- I bring examples and will help guide you
- Please see <https://www.wikihow.life/Pose-Like-a-Top-Model>
- Please see <https://www.youtube.com/watch?v=9eCnITKV85w>

Top Model has some basic and involved techniques that you can practice before a photo session.

Flow Posing may seem silly but it makes you appear more natural by moving into the desired position rather than a still pose that may appear rigid.