

# SENIOR PHOTOSHOOT CHECKLIST



## ONE MONTH BEFORE

- **Outfit Selection:** Start thinking about outfits. Choose 2-3 options that reflect your personality and style. Consider both casual and formal looks.
- **Choosing Props:** Do you have a hobby, a sport you excel in, or a unique aspect of your personality you'd like to highlight? Now's the time to pick out the perfect props.

## TWO WEEKS BEFORE

- **Skincare:** Begin a basic skincare routine to ensure your skin is clear and glowing. Keep hydrated and use sunscreen.
- **Facials:** Looking to get a facial? Make sure to book it at least two weeks in advance of your photoshoot.
- **Haircuts:** If you plan to get a haircut or hair styling, schedule it for about two weeks before your portrait. This gives your hair time to grow into the perfect length.

## ONE WEEK BEFORE

- **Finalize Outfit & Accessories:** Choose accessories for each outfit, including jewelry, watches, or other personal items.
- **Grooming:** Trim nails, and if desired, get a manicure or pedicure.
- **Practice Makeup & Hair Looks:** If you're doing your makeup and hair for the shoot, practice the look before the big day!

## TWO DAYS BEFORE

- **Hair Care:** Wash your hair for the last time before the shoot. This allows your hair to have a natural texture and hold style better.
- **Iron/Steam Clothes:** Ensure all your clothes are ironed or steamed and hung up to avoid wrinkles.

**ITS' TIME FOR  
YOUR CLOSEUP!**



# PHOTOSHOOT DAY

## THE MORNING OF:

- Skincare:** Gently cleanse your face. Apply a light, non-greasy moisturizer.
- Healthy Meal:** Eat a balanced breakfast that includes protein, whole grains, and fruits. Avoid heavy or greasy foods to prevent bloating.
- Final Outfit Check:** Ensure your first outfit is clean, wrinkle-free, and ready to wear.
- Grooming:** Brush teeth, style hair, and apply makeup if desired. For boys, make sure facial hair is groomed neatly.
- Clothing:** Pack your additional outfits, ensuring they are protected and wrinkle-free.
- Accessories and Props:** Include any jewelry, hats, or special props you plan to use.
- Touch-Up Kit:** Bring a small bag with a brush, comb, makeup for touch-ups, tissues, and a compact mirror.
- Snacks and Water:** Pack light snacks and a water bottle to stay energized and hydrated.

## BEFORE YOU LEAVE:

- Double-Check:** Ensure you have everything you need - outfits, props, touch-up kit.
- Leave Early:** Plan to arrive 10-15 minutes early to account for any unexpected delays.

## AT THE SHOOT:

- Check-In:** Meet with the photographer, discuss your preferred poses and any specific shots you want.
- Relax:** Take deep breaths to relax. Confidence is key for great photos.
- Good Posture:** Stand tall, relax your shoulders, and engage your core.
- Natural Expressions:** Smile naturally, and feel free to mix in different facial expressions.
- Review Requests:** Make sure any last specific shots you want are captured before wrapping up.