

Pre-Shoot Instructions

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- 1) Drink plenty of water the day before your shoot. You want to look hydrated in your photos.
- 2) Do NOT wear a bra at least two (2) hours in advance of your shoot. Bras will leave indentations in your skin that may render your photos useless. You can wear a loose fitting t-shirt and/or sweatshirt to your shoot.
- 3) Yes, you may bring a friend/boyfriend/girlfriend to your shoot. Whatever makes you comfortable. However, if this person makes you nervous or uncomfortable, you may want to leave them at home.
- 4) You MUST complete the 'Model Release' form and bring it to your shoot. You MUST also bring photo identification to verify you are 18 years-old, or older.
- 5) If possible, wear black or dark colored sweat pants to the shoot.
- 6) This is meant to be fun. Bring a good attitude.

