



Model Photo Shoot Prep Checklist

A simple shoot-day planner for beginner models and creators who want to show up organized, comfortable, and ready to make the session easier to run.

Start Here

Use this before the shoot, while packing, and again after the shoot so you can remember what worked. Keep the plan simple: confirm the details, bring useful options, and avoid turning your bag into a closet.

Shoot Details

Shoot date	Arrival time
Location	
Photographer	Contact
Shoot goal or theme	

Pre-Shoot Questions

- | | |
|--|--|
| <input type="checkbox"/> How many outfits should I bring? | <input type="checkbox"/> What colors, patterns, or logos should I avoid? |
| <input type="checkbox"/> Is there a private place to change? | <input type="checkbox"/> Should I bring props or keep the shoot simple? |
| <input type="checkbox"/> Should hair and makeup be done before arrival? | <input type="checkbox"/> When and how will images be delivered? |
| <input type="checkbox"/> Are we shooting full-body images, close-ups, or both? | <input type="checkbox"/> How can each person use the final images? |
| <input type="checkbox"/> Will we be walking between locations? | <input type="checkbox"/> Is a release or written usage agreement needed? |

Practical note: this checklist is not legal advice. For paid, trade, or portfolio shoots, clarify image use, expectations, and permissions before shoot day.

Quick Pack List

- | | |
|---|--|
| <input type="checkbox"/> 2-4 outfit options | <input type="checkbox"/> Brush, comb, hair ties, or clips |
| <input type="checkbox"/> Matching shoes and accessories | <input type="checkbox"/> Lip balm, powder, or blotting papers |
| <input type="checkbox"/> Comfortable walking or waiting shoes | <input type="checkbox"/> Lint roller or fabric brush |
| <input type="checkbox"/> Phone charger or battery pack | <input type="checkbox"/> Safety pins or fashion tape |
| <input type="checkbox"/> Water and a small snack | <input type="checkbox"/> Compact mirror and wipes |
| <input type="checkbox"/> Pose references or mood board | <input type="checkbox"/> Location, contact, and delivery notes |



Model Bag Basics

- Water bottle
- Small snack
- Phone charger or battery pack
- Location details saved offline
- Compact mirror
- Tissues, wipes, or napkins
- Comfortable walking shoes
- Small bag for jewelry or accessories
- ID, payment method, or parking info if needed

Touch-Up Kit

- Brush or comb
- Hair ties, clips, or pins
- Lip balm or lip color
- Powder or blotting papers
- Makeup wipes or face wipes
- Lotion or hand cream
- Lint roller or fabric brush
- Safety pins or fashion tape
- Any personal grooming item you normally use

Wardrobe Planner

Bring

- One outfit that is safe to start in
- One clean casual look
- One slightly dressier look
- One layer, jacket, overshirt, or blazer
- Any shoes needed for full-body images
- Accessories that match the planned looks

Check Before Leaving

- Clothes are clean and not heavily wrinkled
- Undergarments, socks, and straps work with outfits
- Logos and busy patterns are intentional
- Outfits are comfortable enough to move in
- Shoes are not brand new or painful
- Each look matches the shoot goal

Pose And Mood Prep

- Save 5-10 references to your phone
- Choose references that match the location
- Include standing, sitting, movement, and close-up ideas
- Practice simple hand placement before the shoot
- Share the mood board with the photographer if useful

Do Not Overpack

- Skip props that were not discussed
- Skip valuable items you cannot keep track of
- Skip last-minute grooming experiments
- Skip outfits you cannot sit, walk, or pose in
- Skip so many options that the shoot loses focus



Day Before

- Confirm location and arrival time
- Check travel time, parking, and weather
- Pack wardrobe, shoes, and accessories
- Charge phone and battery pack
- Save pose references or mood board
- Steam, hang, or fold outfits carefully
- Confirm hair, makeup, or grooming plan
- Put touch-up items in one pouch

Day Of

- Arrive with enough time to settle in
- Wear or pack a safe first look
- Bring water and a small snack
- Keep phone charged and reachable
- Ask where bags and clothes should go
- Review the first outfit and shoot goal
- Speak up if something feels unclear or unsafe
- Take notes on what worked afterward

Simple Shoot Plan

Look 1

Look 2

Look 3

Must-have shots

Props or accessories

Notes for photographer

Comfort Check

- I can move in each outfit
- I have shoes for walking or waiting
- I know where to change or touch up
- I have a plan for weather or temperature
- I know who to contact if plans change

After The Shoot

- Save delivery timeline notes
- Write down favorite outfits and poses
- Record what felt awkward or confusing
- List ideas for the next shoot
- Follow up politely if needed



After-Shoot Notes

What Worked

- Best outfit
- Best pose or movement
- Best location or background
- Most useful item I packed
- Thing I would repeat next time

Next Time

- What I forgot
- What I packed but did not need
- Question to ask earlier
- Pose to practice
- New shoot idea

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