

The Headshot Prep Checklist

Everything to show up ready, so the session feels easy and the photo looks like you on a good day.

What to wear

- ☐ Step up one notch from your everyday work clothes. T-shirt person? Wear a polo. Polo person? Wear a button-up.
- ☐ Stick to solid colors and fitted cuts that you already know look good on you.
- ☐ Bring two or three options on hangers so we can compare on the day.
- ☐ Make sure everything is clean, pressed, and lint-free.

What to skip

- ☐ Busy patterns, stripes, and tight checks that buzz on camera.
- ☐ Visible logos or large graphics that date the photo.
- ☐ Neon brights and anything ill-fitting or brand-new you have not worn yet.
- ☐ Heavy, distracting jewelry that pulls focus from your face.

Hair, makeup, and grooming

- ☐ Book any haircut about a week out, not the day before, so it settles in.
- ☐ Makeup a touch more than a normal day reads natural on camera; matte over dewy.
- ☐ Bring powder for shine and keep a comb or brush handy for touch-ups.

The day before and morning of

- ☐ Lay out your outfits and steam or iron them the night before.
- ☐ Get a good night of sleep and drink plenty of water.
- ☐ Eat something beforehand so you have energy and an easy smile.
- ☐ Clean your glasses; anti-glare lenses photograph best if you have them.

What to expect at the session

- ☐ Plan on about 30 minutes for an individual session, 5 to 10 minutes per person for teams.
- ☐ You get real coaching the whole way, so you are never left guessing how to pose.
- ☐ You choose your favorite frame on the spot before you leave.
- ☐ Your finished, retouched photo usually lands in your inbox the same day.