**PRE SHOOT CHECKLIST**

In the week before your shoot

* Get your spray tan (if you are tanning) at least 48 hours before your shoot
* Ensure you have all props, stockings, outfits etc
* Practise your poses and facial expressions in the mirror every day for at least 15 minutes

The night before

* Pack your lingerie & stockings into your suitcase/bag
* Pack your outfits into your suitcase/bag
* Pack your jewellery and accessories
* Pack your props
* Pack scissors, needle, thread, safety pins, steamer
* Iron/Steam any outfits that need ironing and hang up
* Lint roll your pet hair off your outfits (may need to repeat the following day)
* Cut off all tags from your lingerie
* Cut off any loose threads
* Clean shoes/ remove stickers
* Pack or prepare snacks
* Go to bed EARLY and get a good night’s sleep

The morning/day of/right before

* Finish packing your suitcase, snacks, phone charger, wireless speaker, hair tools, make up, toiletries, meds to be taken on your way out
* Take elastic bands off your wrists
* Clean the soles of your feet
* Stretch your arms, legs, back, hips etc.
* Hair & makeup
* Wear loose fitting clothing that doesn’t leave any marks
* Drink water
* Snack
* Leave with at least a 30 minute buffer so you’re not stressing