



Photography by Joe's Portrait Prep Checklist

THE WEEK BEFORE:

- try on your outfit a few days in advance
- drink lots of water
- eat well
- avoid the sun

THE DAY BEFORE:

- self-care, i.e. clean your fingernails, moisturize your skin
- iron/steam your outfit
- clean your shoes
- pack a "Touch Up" Bag: a water bottle, lip balm, makeup wipes, a comb, a mirror, extra socks, etc.

