



## Session Prep Sheet

Session Date: \_\_\_\_\_

Session Time: \_\_\_\_\_

Location: \_\_\_\_\_

To do at least 48 hours prior to my session:

- ☐ IRON and HANG all outfits
- ☐ Choose accessories, shoes, proper undergarments
- ☐ Gently exfoliate and moisturize my skin
- ☐ Hydrate (especially if your session is in warmer months!)

What to bring to my session:

- ☐ Touch up makeup - especially lip color!
- ☐ Bug spray
- ☐ Bottled water
- ☐ Quick snack
- ☐ Sweater or cardigan during cooler months
- ☐ Accessories - hats, scarves, jewelry
- ☐ Bobby pins
- ☐ Hair spray
- ☐ Brush or comb for smoothing fly away hairs
- ☐ Stain remover

If I have questions, email Laura! [info@lauramatthewsphotography.com](mailto:info@lauramatthewsphotography.com)

In case of emergency, call Laura! (804) 620-PICS