



# ***Lorie's Checklist for On-Camera Appearances in Studio***

## **Bring along to the shoot:**

- ☐ Your scripts
- ☐ Pens and highlighters
- ☐ Lint roller or lint remover sheets
- ☐ Colgate Wisp disposable toothbrushes
- ☐ Floss
- ☐ Travel steamer (if they don't have one)
- ☐ Tide stain remover pen
- ☐ Deodorant remover sponge (for white marks)  
(<http://amzn.to/2xJQhDt>)
- ☐ Bottles of water (they may have some there)
- ☐ Healthful snacks like almonds, Larabars, fruit, veggies
- ☐ Listerine breath strips (not gum, not mints)
- ☐ Wardrobe as requested, bring backups and choices
- ☐ Many choices of jewelry that go with wardrobe
- ☐ Props as requested

## **For Women:**

- ☐ Makeup of your own, even if you have a makeup artist
- ☐ Your favorite hairspray
- ☐ Wear a bra with padding because, um, it's very cold in the studio...
- ☐ Nail polish and polish remover if needed for touchups (better to have acrylic nails if you do this type of thing regularly)
- ☐ Moisturizer to put on after you remove the studio makeup
- ☐ Ask to drink from a straw to avoid messing up lipstick

## **General strategies:**

- ☐ Ask lots of questions before the shoot! Make sure you completely understand what will be expected of you.
- ☐ If you are on a show, watch the show! Notice the set colors and make sure your wardrobe works with them.
- ☐ Find out if they need wardrobe changes or just one outfit.
- ☐ Do not wear busy patterns or stripes. They will tend to reverberate on camera and cause distraction.
- ☐ Choose jewelry carefully to avoid noise. Bangly bracelets, chunky necklaces and earrings can make a surprising amount of sound on sensitive mics.

- ☐ If possible send snapshots of wardrobe choices before the shoot to get approval and avoid problems on shoot day.
- ☐ Ask how firm the script is and if they anticipate any last-minute changes.
- ☐ REHEARSE, REHEARSE, REHEARSE. Use your smartphone camera, say your lines in the car, in the shower, as much as possible! There is no substitute for this effort.
- ☐ Tell the makeup artist if you have anything you are picky about or have pet peeves with about your makeup, before s/he starts work. (I put on my own mascara.)
- ☐ Wear a strong antiperspirant, not just deodorant—you don't want to sweat through your wardrobe attire. Best if you can get the type that does not leave white marks on clothing.
- ☐ Don't drink alcohol the nights before your shoot! And get a lot of sleep.
- ☐ LEVEL UP! You are there to deliver for your client/partner.

## **If you are doing a green-screen or blue-screen shoot (Chroma Key):**

- ☐ Find out if they are doing blue or green
- ☐ Do not wear anything that is blue/green if you can help it, and if you do need to wear the key color, make sure it's different than the shade they use (green-screen is typically a bright kelly green—search Google for "Chroma Key" to get the idea)
- ☐ Know that your hair will need to be flattened and not have any space or air showing between it—flyaway hairs will be smoothed by your makeup artist. Your hair might not look the way you would style it.
- ☐ Do not wear jewelry that is too reflective
- ☐ Do not bring green/blue props that will "key out" and avoid overly reflective (mirrored) props if possible (can be worked around)
- ☐ Don't wear white—it will reflect the green/blue all around you—even from below at your feet. Consider this with props as well.
- ☐ Bold, solid colors work well—avoid any patterns in your shirt particularly.