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Model Prep

Before, during and after the shoot

1 Agree before the day

2 Prepare

3 On set

4 After the shoot

✓ In your bag

1 Agree before the day

Settle it in writing, not on set

The idea	theme, moodboard, references
Where and when	and the end time. Know when you have to leave
Your boundaries	what you will and won't do
Flash or continuous	it changes how you move (step 3)
The images	how many, when, who may use them where
Can't make it?	cancel early. A day's notice lets the team rebook

2 Prepare

Outfits

Send **photos of your outfits** beforehand. The photographer plans light and background around them

Remove tags and labels. They end up in the pictures

Seamless, skin-coloured underwear and a strapless bra. No lines or straps showing

Steam or iron. Ask if the photographer has a **steamer or iron** you can use

You and your poses

Drink plenty of water. Fresh, clean nails

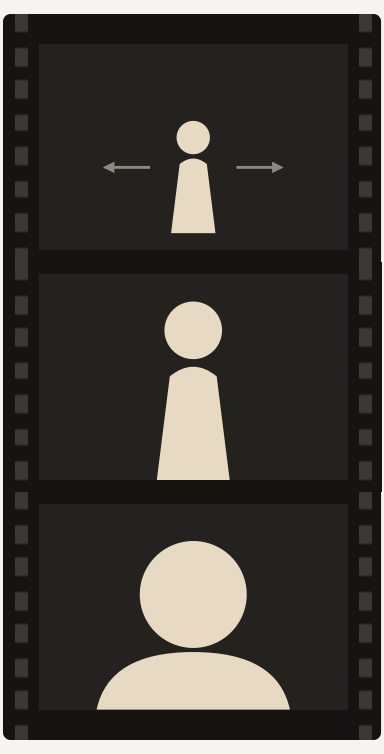
Arrive in **loose clothes**, no hair ties on your wrists. Elastic marks take an hour to fade

Tell the photographer about **allergies**: snacks and products like body oil

Save **at least 4 poses** that fit the moodboard and practise them in a mirror

3 On set

The lens number tells you how much to move



Low number · 16–35 mm
Wide. Room to move. What is closest to the camera looks bigger: keep hands and feet back

Middle · around 50 mm
Natural, close to what the eye sees. Normal-sized movements

High number · 85–200 mm
Tight frame. Move less and smaller. Tiny changes in face and hands make the picture

Move with the light

Flash	change your pose a little **every time the light has flashed**
Continuous	move **after you hear the click**. No click? Ask for the shutter sound
Change one thing	hands, chin, weight or gaze. Soft hands, side to camera

Talk

Feeling stiff is normal. **The first 15 minutes are a warm-up**

Something feels wrong? **Say it.** You can pause or stop at any time

Ask to see a few shots early. Agree on "my left or your left"

Unsure? Ask for direction. Take breaks and drink water

4 After the shoot

Know when the images arrive and how many you get

Use them where you agreed: portfolio, social, paid work

Credit and tag the photographer and the team, in the image too

No filters or crops on edited images without asking



Sascha Ravat · @sascha_liri

In your bag

Don't skip these

- [ ] Outfits, steamed and without visible tags
- [ ] Seamless underwear and a strapless bra
- [ ] Moisturiser and your own skin oil
- [ ] Make-up, hair pins and ties
- [ ] Snacks and something to drink
- [ ] A playlist that boosts your energy

Photographers: send this to your model before the shoot. mhfreelance.dk
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