

Headshot Check-off List

John Abbott - Photographer

This is a short list to help you remember what to bring when you have your headshot taken. If you think of something that I haven't listed, by all means, let me know.

Before we shoot, you might want to do a couple of things that will help us out the day of.

Check in with your agent or acting teacher. They might have a special request, or a look that they want you to have in your headshot. If your agent tells you that they are planning on sending you out for 'suburban housewife' auditions, you should probably let me know.

Eat healthy the week(s) before your shoot. Your body is your tool. Take care of it.

The day before

- Allergies - If you have any bad allergies, please make sure you take the proper medication. Red swollen eyes are hard to work around. I have two cats. Let me know if you are allergic! See if I'm available to shoot elsewhere.
- Sleep - I can do great things with a camera, but I can't make up for you staying out all night. Go to sleep early. Its one night. You can stay out tomorrow.
- Transportation - I live at 4015 N. Whipple. Its near Irving Park, which is 4000N, and its 3100 West... which is about 5 blocks West of California. My building is a yellow brick apartment with a pine tree in front.
- Call the photographer (John Abbott - 773-319-6445) and the make-up artist (insert name here) _____ (and number) _____ to confirm your appointment.
- Three words to describe what you want your photo to say about you: (examples: professional, fun, warm, friendly, intelligent, sexy, goofy, etc.)
 - 1 _____
 - 2 _____
 - 3 _____

The Day Of

- Shave - Men; at least 2 hours before you leave. Use a fresh blade (it reduces the chance of you cutting yourself, and the bumps will go down faster.) Women; if you are shaving your legs, read above.
- Contact lenses (and solution) or glasses if you wear them.
- Clothes - No logos or busy patterns. No brand names showing. More clothes give us more options. Don't limit yourself to my simple list. Bring what you feel comfortable in, and that shirt that you always get compliments when you wear it.
- Formal - Button up shirts for men; suit coat or similiar. Dress or dress shirt for women.
- Casual - Clean color t-shirts or similiar. Think in the terms of a comfortable blank slate... something that doesn't pigeon hole you into any particular role.

Your choice - Something you really want to be photographed in, or something that is just plain you.

Underwear that matches or compliments - For men, this means t-shirts. For women, matching bras and the color of the straps.

Belts that match what you are bringing.

Make up kit for women. If you are using a make up artist, they still might want you to bring a sample of what you would normally wear. Ask the artist when you speak to them.

Toothbrush

Comb

Music - An MP3 player that I can hook up to my stereo with your music.

Drink or a snack - I always provide water or soda for my clients. But if you drink Arizona peach tea, I probably don't have it.

Payment - I take checks or cash. You pay only when you see the photos that make you happy. But you do have to pay me the day of the shoot, once you approve of the photos, if you want me to hand you a CD-ROM of my photos.