

How to Prep for your Video Shoot

Choose comfortable clothes

Wear clothes for your style, occupation, or brand

Avoid pure white shirts and big jewelry

Bring an extra pair of clothes



Light makeup is best

Practice! Say your lines in front of a mirror



Drink lots of water the day before

Get a good night's rest



Tidy up!



Make your place look its best

Focus in: Choose 3 key messages

Organize the team: everyone needs to be prepared



Listen around:



pick a quiet location