

Photoshoot Checklist

- List of pole tricks & poses
- A back up outfit
- Pole grips
- A gym towel (lights can be hot)
- Water bottle
- Wear underwear that will not be visible in your outfit
- Heels (even if you're not planning on wearing them, bring them just in case)
- Make up bag if you need a touch up
- Hairspray and extra hair ties or bobby pins if your hair is styled
- Baby wipes in case your feet get dirty
- A big SMILE