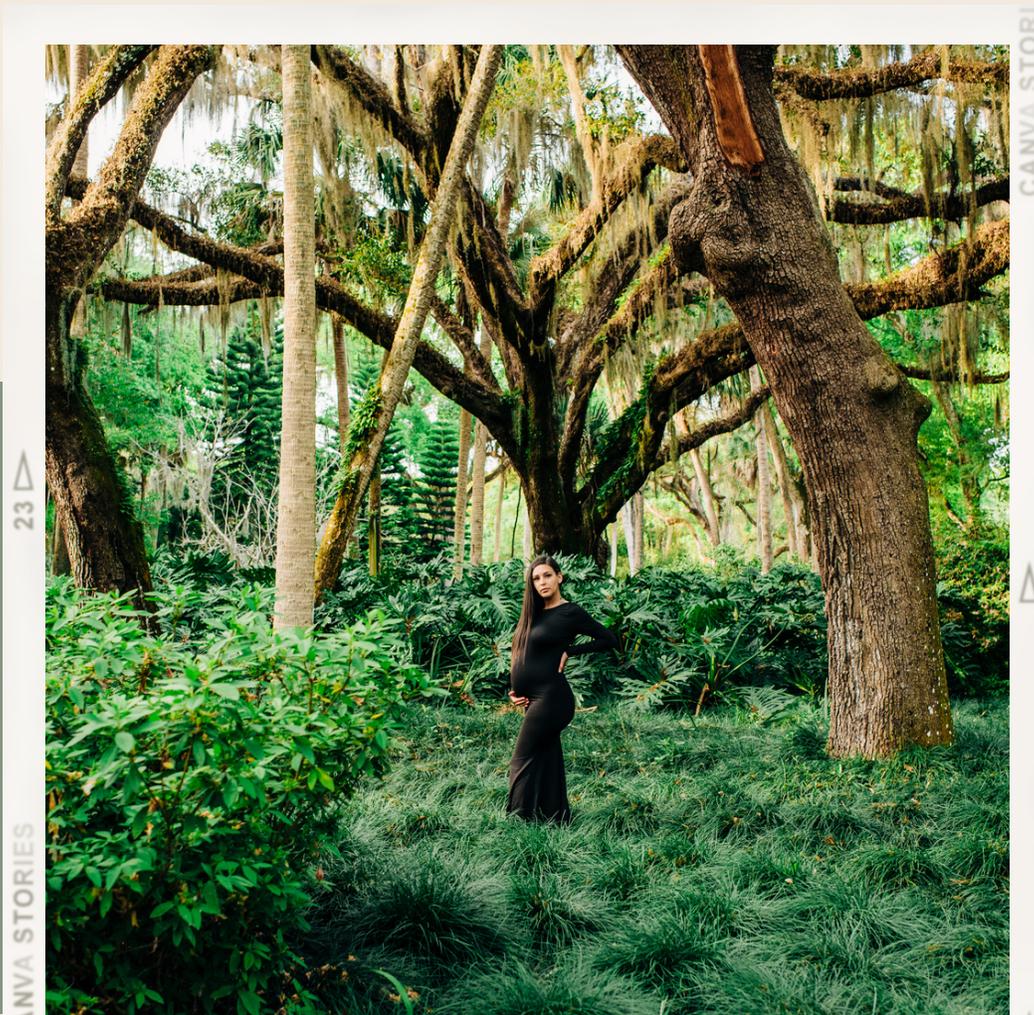




WHAT TO WEAR GUIDE



Dressing yourself in the morning is hard enough when you don't have to stand in front of a camera and be your best self. Choosing what to wear for a photoshoot can trigger even the most confident, farshun-ey fashionista to pull their entire wardrobe out onto the floor in search of the perfect outfit.



So if your nerves start to fizz when you think about what to wear, don't worry. This is SO normal! Before you lose sleep to late nights spent online shopping--putting articles of clothing in your cart only to take them out again--let's talk about what works and what doesn't.

Number one thing I want you to remember? Being comfortable is **EVERYTHING**. You should look and feel like yourself, first and foremost.

BE COMFY. please

It's not uncommon for people to want to shop for new, sparkly, fabulous clothes to wear to a photoshoot, and that's totally fine - if that's your jam. However, let's talk about comfort a little more. Do you think you'd be more comfortable in your favorite t-shirt and jeans or a new clingy little black dress? Go with an attire that you know moves with you and hugs you in all the right places. Don't get me wrong - it 100% does not have to be jeans and a t-shirt. You can glam it up a bit more if that's what you fancy. If authenticity is what you're after, you're going to have to show up as yourself. If you want to capture this time of your life in all its glory, then it's about the feeling of being in your own skin. If you're not comfortable in what you're wearing, you're going to be tugging and pulling the whole time and your emotions will show that you're not comfortable. The best route is usually to go with something that's tried and true.



MATCH YOUR OUTFIT

TO THE LOCATION AND SEASON.



If you're wearing a fancy ball gown in your living room, the viewer might assume you're going to prom. Don a little sundress number in a snowy field and the viewer might suffer from a crippling amount of pity for you. You and I will be collaborating on telling your story together, so let's get this right.

Plan your outfits around what you know about the conditions at the location we'll be shooting at. You'll want to be warm enough (or cool enough!), have pain-free feet, and look relatively native to your environment. For at home sessions, slip into your comfiest comfies and rock that (pants optional). The idea is to authentically capture you wherever you are.

Think through your clothing choices logically based on location, vibe, and comfort level.



TIP: MAYBE DON'T WEAR ALL BLACK ON A STINKIN' HOT DAY. JUST TRUST ME ON THIS ONE.

BRING MULTIPLE Outfits

If you're wanting to mix things up, bring another outfit along that you feel amazing in and we can play around with different combinations on the day. I'm not trying to photocopy trends in all their boring hues, I'm looking for the you-est you. Bring things that help you express yourself-
-I want you to grace my lens with your true, full personality!

Providing options helps me to make sure your threads compliment the environment - keeping the focus on you, where it should be!



LEAD WITH PERSONALITY.

I'm up for it all. If you're in a heavy metal band and want to smash some things and scream at the sky, throw on your best concert attire and count me in. If you're a drama kid at heart and live for the spotlight, I'll help you turn your front porch into a stage and feed you the lines you've forgotten. If you're a jeans and a t-shirt kinda person, let's work with that. I want your shoot to be different from everyone else's. I want it to be YOU!



INCORPORATE TEXTURE & movement

Pick fabrics that move and flow with you. Ones that add a cozy texture, or get picked up by the wind, filter the late afternoon sun, and glow in the morning light. Natural fibers like linen, cotton, or wool are amazing. Avoid stiff-seeming garments with collars as they look a bit too formal and often get tucked in weird spots and need adjusting.



COLOUR SCHEMING.

Aim for neutrals, earthy tones, and metallics. These colors compliment the outdoor environment almost anywhere you go and look dang fine as a printed, framed photograph.

Don't get me wrong, I'm not advocating for a beige world of quiet and inoffensive colors. By neutrals, I just mean softer tones. Primary colors are incredibly striking; however, sometimes it has the effect of detracting from the main subject (which is you). So for example, instead of electric blue, go for something closer to sky blue. Instead of bright orange, opt for ochre or apricot.



A rule of thumb here is to choose to either complement your natural environment or contrast it. A mustard dress in a deep green forest will look epic, whereas a bright pink, patterned dress doesn't really fit in with your surroundings. It totally depends on what you're looking for!

For families, it's best to keep your color scheme limited to four colors. You can choose one person to wear a feature color and have everyone else's outfits complement that.

COLOUR THEORY

in action

Remember the color wheel from 6th grade art class? Maybe you've gladly left your middle school days in the past, but the color wheel comes in handy when making good color decisions (aka planning what to wear). The color wheel is a great reference point when trying to figure out what colors look a bit weird together and what colors are a match made in heaven.



COMPLEMENTARY *colors*

These colors, the ones that look incredible together, are called complementary colors. They complement each other and create a visual harmony. They're salt and pepper, Bonnie and Clyde, peanut butter and jelly. Complementary colors sit across from one another on the color wheel (i.e. blue and orange, red and green, yellow and purple).

Below are some examples that show us how complementary colors do special things for the big picture.



The white dress pops against the greenery, tin roof and sky.



The yellow and burgundy tops pop against the green and compliment mom's muted, neutral toned shirt.

example

OF A COMPLEMENTARY COLOR PALETTE



ANALOGOUS colors

It's not all about contrast though. We're all built so differently and respond to color combinations differently. For those less taken by the 'pop,' analogous colors could be the way to go. Analogous colors are next to each other on the color wheel, and can be quite soothing to the eye. Think of the jungle and all of the lush variations of green, or the ocean and the infinite hues of blue.

Below, we've rounded up some photos that illustrate how analogous colors work together beautifully.



The orange tones compliments the varying shades of greens, yellows and pinks on the dunes at the beach.



The red looks stunning against the greens and pops of yellows from the golden-hour sunset.

example
OF AN ANALOGOUS COLOR PALETTE



COMPLIMENTARY. GOOD! MATCHING. BAD.

Complement each other,
don't match each other.

You don't want to create the illusion of being your partner's siamese twin. When multiple people wear the same colour, sometimes their matching outfits blend together so much that you can't really see any of them properly. The viewer can't tell where one person begins and another one ends. They turn into one uniform blob.

In order for the aesthetics of your photograph to really sing, you want to find complementary outfits that showcase a variety of colors, textures, accessories, patterns, and tones. Complement the other people in the photograph as well as your surroundings. The idea is to have everything look good together without everything looking the same.



examples
OF UNINTENTIONAL MATCHING



For the rebels - rules are meant to be broken. Here are some examples of intentional matching...

examples

OF INTENTIONAL MATCHING

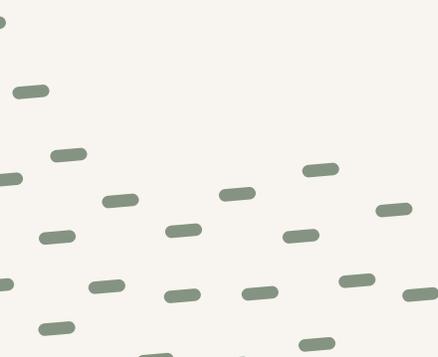


BE CAREFUL WITH PATTERN & PRINTS.

Avoid large bold patterns as they often dominate the photograph and detract attention from your beautiful face.

Usually, subtle smaller patterns work best. Flannels or a light floral print are great when they complement the location. Less is definitely more with this one, try to limit yourself to one pattern at a time. Matching patterns is a tricky task, and it's super difficult to do well.

If you're not quite sure what category your patterned clothes fall into, shoot me an email or send me a text and I'll be happy to weigh in.





LAYER UP!

Wearing layers is great form (and function). Not only does combining layers and textures create more visually interesting photographs, but it preps you for all sorts of weather conditions, too!

Think jackets, cardigans, hats, scarves, tights, and headbands.

WHAT TO DO ABOUT LOGOS.

Much like crazy patterns, clothing with writing or logos on it tends to be a bit distracting. We're not getting paid for Adidas' not-so-subtle product placement. However, if the logo or phrase is tasteful (read: not tacky), in theme with the shoot, and fits your personality, I'm all for it. Here are some examples of logos that work.



The fine art of

ACCESSORISING.

Hats, sunglasses, socks, and jackets are a great way to jazz up your accessory game. Throw some fun extras into your bag but avoid large distracting pieces. If you couldn't tell by now, I'm interested in shooting you (not your clothes or your bling).

Watches are a bit of a weird one, especially in couple sessions. The big fat circle face of a watch is particularly apparent when people are holding each other's faces and bringing them in for some sugar. Best to leave the watch at home unless its sentimental.

A man and a woman standing in a lush tropical garden. The man is wearing a light green t-shirt and khaki shorts, and the woman is wearing a white tank top and a long, colorful floral dress. They are both smiling and looking at each other.A man and a woman in a close embrace, kissing. The man is wearing a light blue button-down shirt and a watch, and the woman is wearing a dark blue floral dress. They are both smiling and looking at each other.

Watch faces can draw the eye in and distract the viewer from your faces.

SHOES.

SHOES.

SHOES.

You can't have come this far, painstakingly planning your outfit, only to stop at your ankles. Shoes are a key part of a look and ideally complement the rest of the outfit.

If you wear heels like a pro, I definitely don't have the authority to tell you not to do that! But if you, like the rest of us mere mortals, find heels to be moderately uncomfortable, then do yourself a favor and ditch 'em. In most cases, we'll be stomping around on some relatively uneven terrain and I don't want you spraining an ankle--not on my watch :)

I'll probably be giving you some energetic prompts to follow, too, so you'll want to be ready for action.

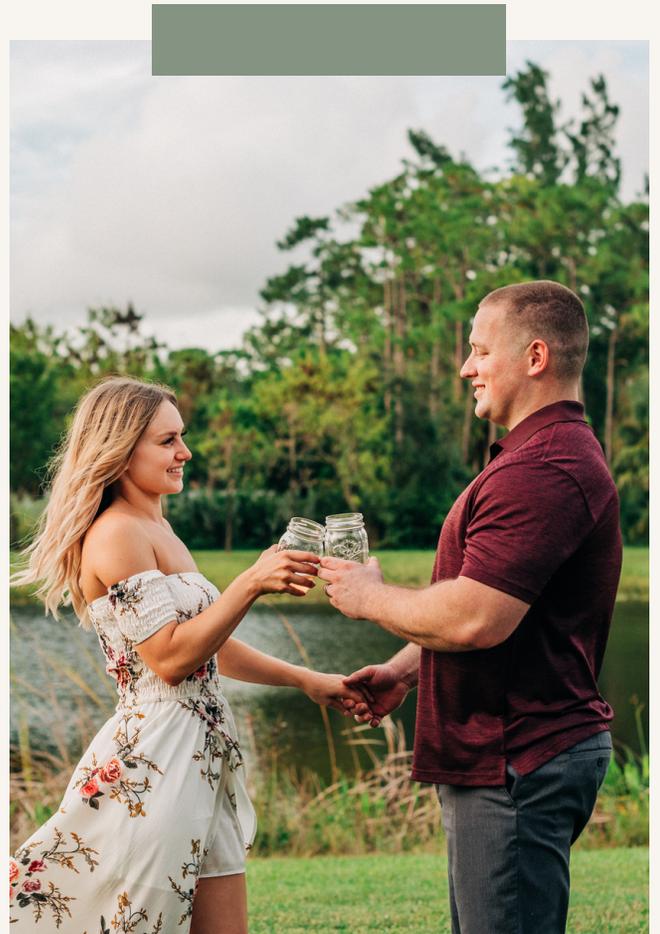


Select the right shoes based on the location, and consider what you'd normally wear if I wasn't following you around with a camera. Being barefoot makes sense on the beach, and boots are beautiful in the woods or mountains.

Leather is great for boots, and know that sandals win over flip flops by a long shot. Always consider context when choosing footwear for both aesthetic appeal and practicality.

LET'S TALK *props*

Props don't have to scream 'PROP!' Go for the subtle things that accentuate your personality and help to tell a story about your life. Think pets, an instrument, surfboards, an umbrella, bike, grad attire, or even a beer. Avoid the cheese as much as possible.





MAKEUP AND HAIR

DO'S (AND DON'TS).

So, this is totally your call however, if I may...I would suggest cultivating a bit of the appeal that balances elegance and ease so well. Glam yourself up in a way that still looks like you, but enhanced to make your images POP! I want you to feel beautiful and confident!!

Hands tell such a story about who you are and where you've been and play a crucial role in portrait photography. Sometimes photographs magnify bright nail polish, chipped manicures, and dirty fingernails. Once you see it, you can't un-see it -your eye just keeps on zooming in on that one bit of the photograph. It can be really distracting. Treat yourself to a little subtle manicure or make sure your nails are neat and tidy before the shoot.



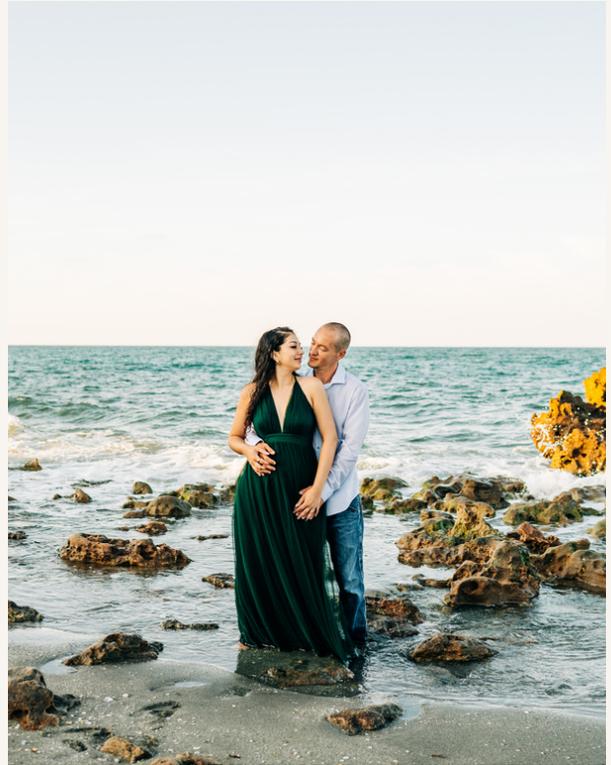
As for hair... Oh boy. I'm a sucker for the way a wild mane blows in the breeze. Up-dos are alright, and I totally get it--it's so easy to throw your hair up! When it comes to saving a moment and putting it in your pocket, hair down is the way to go. With your hair down, you get movement, you get interest, you get some perfect slices of imperfection in the best possible way. Quite honestly, hair movement is my ABSOLUTE FAV!

CLOTHING

examples



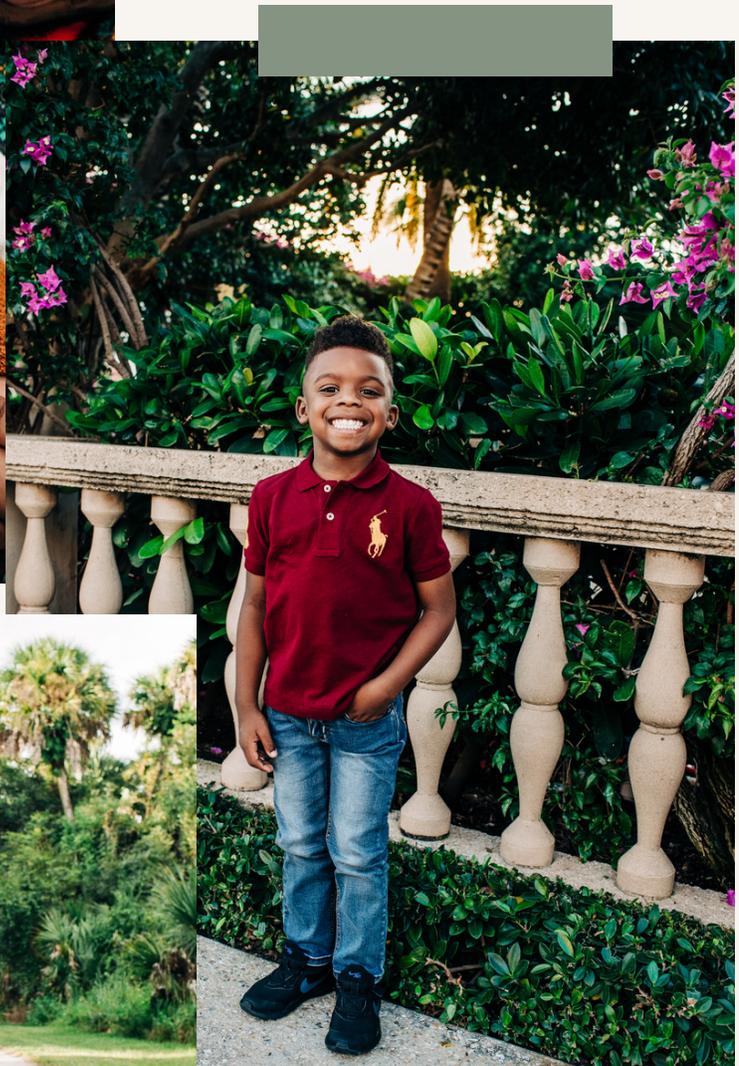
COUPLES



FAMILIES



KIDS



MATERNITY SESSIONS



LET'S RECAP

- Dress for the season
- Dress for the location
- Compliment - don't match (unintentionally)
- Wear something comfortable that you feel like yourself in
- Natural fibers and earthy colors look amazing in most settings
- Avoid large prints, logos, and patterns (unless it helps tell your story)
- Throw some accessories like a hat or denim jacket into your bag

thank you

As always, if you have any questions or concerns, DO NOT hesitate to reach out to me!

I look forward to capturing an incredible session with you and your family!

xo - Charity Lynn