

Guide to taking the perfect Fit pic

Below is a guide to obtaining the best possible Fit pic which will give you the best chance of being selected to cast with a client. We understand that a lot may feel these pics do not show your best pose but are necessary and normal for the garment technicians to see.

Please feel free to call Charlie or Vicky if you need any help with any aspect of the sample photo process 07826713338

Camera guide:

1. Make sure that whoever is taking the photo has the device square-on when taking the picture.
2. The device should be at a consistent waist height and distance from the body to ensure the entire body is in shot and not taken with an obscured perspective.
3. Lighting is important, please take photo in well-lit conditions.
4. Take pic at the highest possible resolution setting.
5. Do not use flash.

Setting guide:

1. Take pic with as plain and light-coloured background as possible.
2. Try to avoid standing directly underneath spotlights.
3. If you are finding shadowing on the face or body, try pointing a lamp at the area from the direction of the camera.

Hair, makeup, and clothing:

1. Neutral and natural makeup.
2. Hair up to show neck and shoulder shape.
3. Please take shots in black shorts/leggings and vest top. Vest tops should be tight fitting making sure your body line is visible.
4. Please also take shots in lingerie of the following variety if comfortable. Ideally flesh coloured or a black set if you don't own a flesh-coloured set.
Underwired T-shirt bra and thong (or similar knickers as shown in the samples below).
5. Lingerie models will need to submit underwear pics only (no need for vest and legging shots).

Posture:

1. **Feet:** Please take two sets of photos standing front-on, side-on facing both ways, and one from the back. One set to be taken with your feet together and the other set with your feet just under shoulder width apart.
2. **Arms, Hands, and bodyline:** Please take note of the distance between the arms, hands, and bodyline. You will see in the sample pictures that the model is looking relaxed yet still retaining a clear distance from the arms to the bodyline.
3. **Face:** look straight forward and please feel free to smile, we know these pics may feel like mugshots, however your smile will say a lot about you!
4. **General posture:** It's easy to over posture when posing for these photos, try not to arch your back, puff out your chest or suck in your waist too much! Make sure you are standing up straight (not leaning more on one side) and your shoulders are relaxed and level.



You'll notice that this model has nearly got her Fit pics perfect. The only things wrong are that in the first picture, her shoulders are uneven, and her hair is down obstructing a clear view of her neck and should line, this is otherwise what you should be aiming for.

You'll also notice that these sample shots do not include the models head for the purpose of privacy. Please make sure your head is included in the photos you submit to us.

Photos are solely intended for the recipient (garment tech) for the purpose of selection and will under no circumstances be used for any other purpose.