



tori brooke  
photography

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WHAT TO WEAR GUIDE

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## So, here's the rundown:

Whoa - I never realized how stressful choosing an outfit could be for a photoshoot until I booked a couples session myself. Cut to my entire living room floor being taken up by outfits scattered everywhere as I began to overthink everything.

Can I let you in on a secret? If you're hoping I'm a fashion designer- you're in the wrong place. I don't even own a full length mirror and I spend half of the time sending pictures to my sisters and getting their opinions (I mean - that's what sisters are for, right?).

But what I do know is what works when it comes to pictures. 5 years of shooting and editing has given me that experience to know what to aim for and what to steer clear of! I've condensed all of this into a couple of guidelines for you. That's all this is, guidelines not rules! You can show up in a neon Hawaiian shirt for all I care!

If I could tell you one thing, it's that I want you to feel like yourself. If that means shopping from your closet instead of the mall for something you're more comfortable in- then that's the best route! If your boyfriend never wears a dress shirt tucked in with a belt and dress shoes, I guarantee you he is going to be much happier decked out in shorts and crocs and I'm here for that! You want your pictures to reflect who you are and not some picture you stumbled on in pinterest!





## Let's Break it down into these 6 categories...

But before we get into it - I want you to know I'm here to help! I'm so excited that you booked with me and I want this to be as easy as possible for you! If you're having a hard time narrowing down what will work, you can always message me pictures or even bring options on the day of! I love looking at what could work good together for pictures!

One thing to note is that if you are planning on doing an outfit change at the session, changes normally happen in your vehicle since random fields don't usually provide change rooms ;) If you aren't comfortable with that, one outfit is 100% okay with me as well!



NO. 1 / *make sure it makes sense*

This is the first thing I notice in an image that I don't love. Basically when someone is wearing dress shoes on a beach, or a short dress in the snow. It's super important to realize where we will be shooting at what time of the year and plan around that! I want you to be comfortable so the outfits that you feel like you can move the most freely in are best!

EXAMPLES



## NO. 2 / *colours*

This is a whole beast of a topic on its own, but in short, every photographer fiddles around with colours while editing! It's important to know what works best for their edit! Since you're booking with me - the colours that always look best are anything muted and earthy. I love light neutrals like creams, beige and light grey, but adding some colour will also bring that pop and warmth that I love in my images!

Try to stay away from neons, purples, and bright pink tones as I play around with those to get my skin tones just right!



EXAMPLES



A close-up photograph of a woman with long, dark hair holding a baby. The baby is wrapped in a light-colored blanket with a dark, chunky striped pattern. The woman is looking down at the baby with a gentle expression. She is wearing a dark, possibly black, top. The background is softly blurred, showing a patterned surface, likely a floral-patterned chair or sofa. The overall lighting is warm and intimate.

NO. 3 / *patterns*

Big chunky patterns are almost always a no. I've seen them work a time or two but it's rare. They can be distracting from your face (which is most important during a shoot, duh).

The smaller and more subtle, the better. If you are a little unsure, just plan a patterned outfit for one of your outfits and that way you still have one without them! Try and also limit a pattern to just one outfit so that there isn't too much going on that can clash.



EXAMPLES



## NO. 4 / *props*

Please keep reading, I don't want to scare you off as I'm sure the word "props" instantly brings pictures of tacky chalkboards or DIY banners flashing in your mind. Ew barf - we will have none of that around here lol. I'm talking about props that are going to make your session feel more like you!

Some examples are a cool vehicle, grabbing some Thai food, going kayaking together, pets (but no snakes allowed) paddleboarding - you name it, I'm on it. And I promise you I'll incorporate them without making them look cheesy!





EXAMPLES

## NO. 5 / *in – home sessions*

All of the above but let's add in some skin! Whoa did that sound creepy, because I promise you I'm not! Since with in-homes it can be hard to get that warm, earthy feel that we easily get outside, adding skin just adds that natural warmth and I'm here for it!

So pull out a variety of tank tops, shorts, ripped jeans and let's add that golden touch that I love in my work! Besides, we all know we like to ditch the pants at home every once in a while.



EXAMPLES



## NO. 6 / *hair & makeup*

Whenever I'm asked if this is something that you should do for a shoot, I always answer to do whatever makes you feel best! If fake lashes are going to give you that extra boost of confidence, then go that route! But if the fake lashes are going to leave you feeling self conscience and not yourself, then ditch the makeup and let's capture you in your natural beauty! I'm here for anything!

If you are looking to book a makeup artist or hairstylist, I have a list of ones that always blend good with my work!





EXAMPLES





## Well, that's all for today folks!

I hope I'm not leaving you overwhelmed! But honestly, I'm just a message away so spam me with your closet pictures and I'll be sure to let you know what I think will work! And if you want to defy these guidelines and show up in that neon jumper with crocs, let's do it!

Besides - in the end, it's all about capturing who you actually are and not who you're trying to be!



*“Let’s create something beautiful together”*