

A couple is walking along a paved coastal path. The man is wearing a light pink button-down shirt and light-colored trousers, while the woman is wearing a white short-sleeved dress. They are both smiling and looking at each other. In the background, there is a steep, rocky cliff face and the ocean waves crashing against the shore. The scene is bathed in warm, golden light, suggesting late afternoon or early morning.

What to wear for *your photo session*

Brandwold
PHOTOGRAPHY

A close-up photograph of a young couple. The man, on the left, is wearing glasses and a light pink shirt, leaning in to kiss the woman on the cheek. The woman, on the right, has long dark hair and is wearing a white top, smiling warmly. The background is softly blurred.

What to wear for your photo session

Hi friends!

Thank you for download this freebie!

The clothes, with its colors, style and material make a big impact for the outcome of the photographs, so choose clothes with care. In this guide I go through the most common questions I get about clothing choices and I hope you will feel inspired for picking out outfit for your upcoming photo session. Don't hesitate to reach out if you have any questions!

Have fun!

Teren

What should *we wear?*

*Don't panic, don't overthink and
do plan ahead and you'll be fine!*

My motto: classic and timeless

I know, we all have those fantastic photographs from the 80s and 90s when we thought we looked awesome;) If I should pick only one advice to give to my clients it would be to not go with what's in style right now, but aim for a classic outfit.

A timeless, simple cut, white shirt will look as good in 25 year as it does now. If you choose a timeless outfit, the most important in the photos (that would be you!) will stand out even in the future, so that you can enjoy your portraits and not get bugged out about your outfit.

Dress comfortable

I would recommend you to dress up but don't overdress. You want to look the best you, but you don't want to feel dressed up like something you're not.

Arrive to the studio even more comfortable

For maternity and kids sessions, please remember to dress you/the children in loose-fitting clothing, to avoid leaving marks on the skin. This is if we are going to take photographs without so much clothing. Socks marks are the most common problem, those marks tend to be visible for hours.



Recommended *colors*

The photographs you can see in my portfolios are often bright, thanks to lightening, venues, back-ground and clothes. They all combine together.

Pastel colors

If you want a light background, in the studio or outdoor, I recommend bright colors: white, light beige, light gray and all muted, light pastel colors do all look very stylish on photographs and usually match well.

Avoid strong colors, patterns, logos and other details, such as complicated cuts and fitting.

Sync your outfits

A common mistake is that all individuals to be photographed dress individually. If you are several people who are to be photographed, try out the clothes in front of a mirror and see how you think they combine together. Aim to dress in light colors *or* in dark colors, don't mix so that one of you are all dressed in black and the other one in white or a strong accent color. The photograph below is from a wedding, to get inspiration from. All synced with colors that looks great both together but also to the surroundings.



What to *bring*

Don't stress with choosing clothes the same day as the photo shoot and remember that less is more.

Changes of clothes

Feel free to bring change, both to yourself and eventual kids. I would recommend you to only bring 1 or 2 change. By bringing more than that you risk to be stressed out. Planning your outfits well in advance of the session means that you can focus on having a good time during the session instead of thinking of what to wear.

Underwear

I recommend seamless, skin-colored underwear as when shooting with strobes; colors and textures can shine through thin, light colored clothes.

Please remember to iron

Please iron your clothes before arriving to the studio and get dressed once you get here. I have a steamer but heavy wrinkles are hard to remove (both with steamer and in post processing).



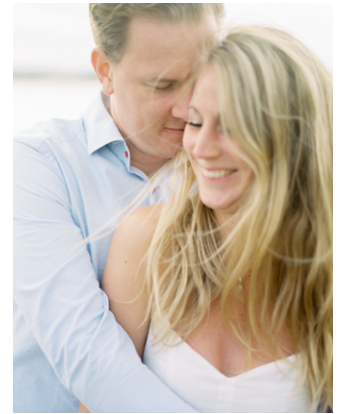
Feel free to borrow from *my baby and maternity closet*

*My studio have a lot of clothes for both girls, boys
and pregnant in different sizes, colors and cuts. Free
for you to borrow for your photo session!*



Want more *inspiration?*

*I have saved a lot of inspiration
on my Pinterest board. Head over to
get inspirered by colors, matches and styles.*



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Terese Brandwold is an award winning photography who approaches photography with the strive to create beautiful, timeless photographs. Both flattering portraits, but also capturing the genuine moments. Photographs that will make your heart be filled with love for your loved ones again and again. Known for her light-filled and easy-going style, Terese is a devoted film photographer and passionate about sharing my knowledge about the art and craft of shooting film. Her book 'Film photography for beginners' was published in 2018. Established in 2008, Terese based in Sweden with her studio north of Stockholm.