

PREPARATION LIST FOR UNDERWATER SHOOTS

Fitness & Health

- My body feels great
- I'm in the right mindset
- I had a good night's sleep, and I feel rested

Food & Drinks

- Have a sustainable breakfast
- Pack snacks for in between
- Bring water and hot tea

Remember to avoid apples, pears, beans, carbonated beverages, wheat, onions, garlic, cauliflower, broccoli, cabbage and dairy. Also, avoid caffeine, foods and drinks high in sugar, alcohol and smoking.

Body

- Clean face (unless instructed otherwise)
- Clean fingernails and toenails, no bright nail polish
- Shaved
- Wear loose clothes to avoid marks

Stay Warm

- Hot tea
- Hot water bottle
- Kettle
- Extra towels
- Blanket or robe
- Thick socks or slippers
- Waterproof jacket

Sun Protection

- Hat
- Sunglasses
- Rash guard
- Reef friendly sun cream

After Care

- Shower gel
- Shampoo
- Hair mask or conditioner
- Body lotion or oil
- Eye drops

How to get there

- Organise driver or public transportation

Regulations & Insurance

- Check if the shoot is subject to any particular regulations
- Check insurance cover