




10 'must-have' items

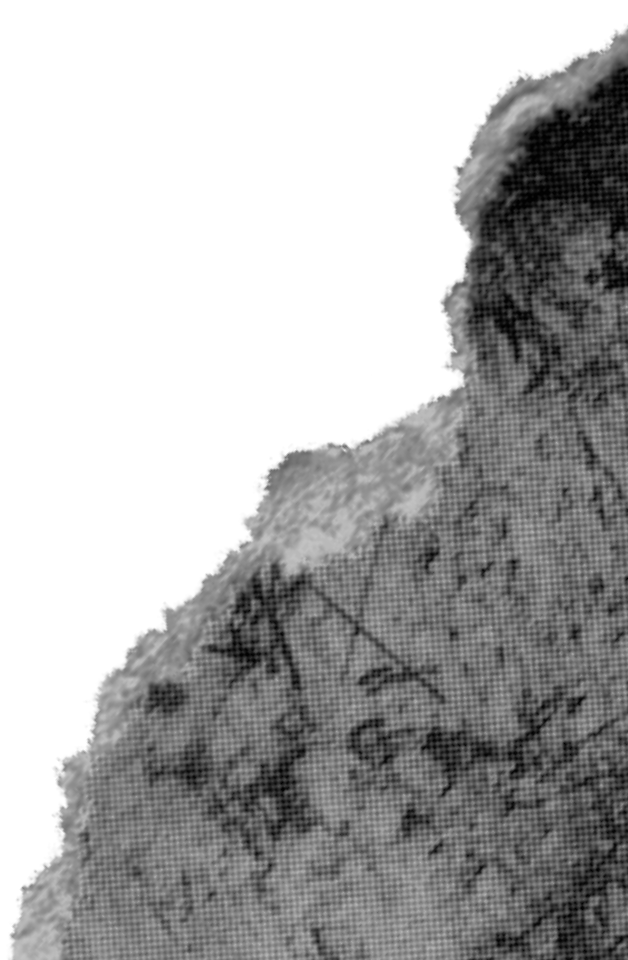
all prepared, professional models should bring with themselves...



You know it, we know it...A good model is always a prepared one. As a professional model, it is very important that you are always ready for anything when you are on a booking or going to a casting.

Just think how good you will look if you can say to your client - "Don't worry, I have that!"

So Nova has prepared a small but very important list of your must-have items.





1. Your comp card

Composite cards are essentially business cards. Comp cards show your best, most recent shots, alongside your measurements and modeling info.

You need a great comp card so that potential clients don't forget you. They are an effective way to share your photos and contact information with potential clients and agencies.

A great comp card is essential to your success in the modelling industry.



2. Your book

We use the term "book" to describe your modeling portfolio. The book showcases your talent and range as a model by displaying a variety of styles and looks.

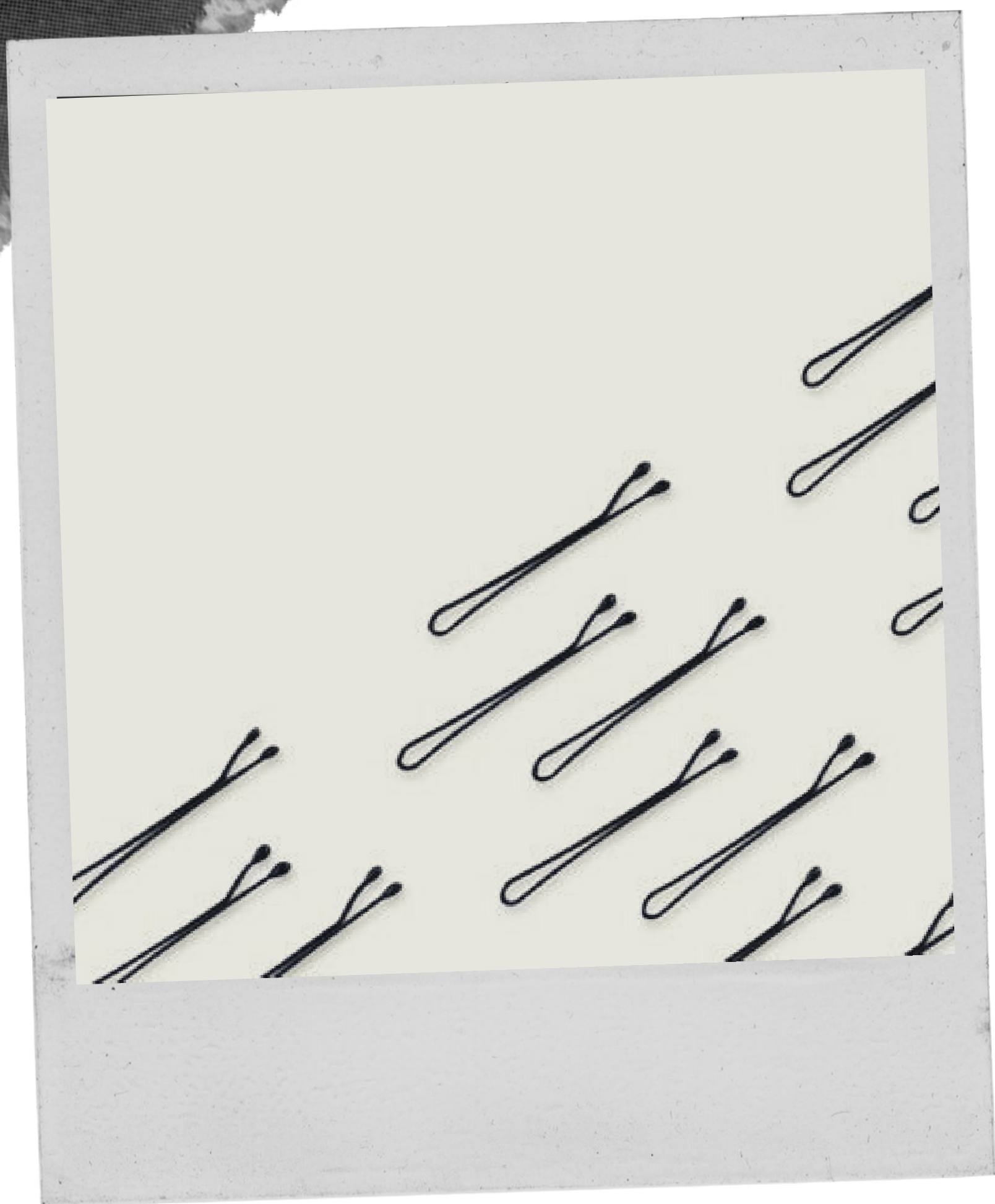
Always bring it with you to go-sees, interviews, and bookings.



3. Basic makeup

Even if there is a makeup artist on set, it is always a good idea to bring basic makeup. This includes foundation or BB cream, a concealer, blush, eyeshadow, liners, and mascara.

Make sure you only take it out if needed, otherwise let the makeup artist do his job!



4. Hair products

Bring the basic, such as a brush, comb, bobby pins, clips, elastics, hair spray, and other hair products that you think you might need at some point.

Again, you will only need them in certain occasions, but it always good to be prepared!



5. Skin Toned and Black underwear

Women should have a variety of undergarments in their model's bag: pushup bra, strapless bra, one-piece bodysuit, panties, thong, boy cut underwear, stockings, and socks.

Male models should have a selection of undergarments such as: simple boxers, boxer briefs, and low rise briefs.

We also recommend that models should have clean white and black t-shirts and tanks.



6. Sneakers and Heels

You can ask your agent or booker what type of shoes to bring to the job,
but make sure you have:

WOMEN AND MEN – White sneakers

WOMEN – Nude and black heels



7. Deodorant and body products

Always bring: deodorant, moisturizer, makeup remover, hand sanitizer, toothbrush, mouthwash, floss, and mints...

Don't forget: No gum on set!



8. Healthy snacks and bottled water

No one wants to work with a hungry, grumpy model. Be sure to always bring bottled water and some healthy snacks.

Remember that a professional model will never eat while wearing the client's clothes.



9. Cellphone charger

Don't forget to take your charger with you... Remember to put your cell phone on silent or turn it off while you are working.



though was going to see him. He did leave the restaurant, where Samad remembered vaguely, for a short time in 1979 to start a security firm, but 'nobody wanted to hire Paki bouncers like he had come back, a little less aggressive, a little more desperate like a broken horse.

'Yes, Shiva. Really and truly.'

'And that's what's driving you crazy, is it?'

'I wouldn't go as far as to say crazy, no... it is troubling me because something,' interrupted Shiva, 'has got right up my arse recently. We've all noticed it.'

'We?'

'Us. The boys. Yesterday it was a grain of salt in a napkin. The day before Gandhi wasn't hung straight on the wall. The week you've been acting like Führer-gre,' said Shiva nodding in Ardashir's direction. 'Like a crazy man. You don't smile. You don't eat. You're constantly on everybody's case. And when the head waiter's not all there it puts everybody off. Like a football captain.'

'I am certain I do not know to what you are referring,' said Samad, tight-lipped, passing him the vase.

'And I'm certain you do,' said Shiva provocatively, placing the empty vase back on the table.

'If I am concerned about something, there is no reason why I should disrupt my work here,' said Samad, becoming impatient, passing him back the vase. 'I do not wish to inconvenience others.'

Shiva returned the vase to the table once more. 'So there's something. Come on, man... I know we haven't always been eye to eye, but we've got to stick together in this place. How long have we worked together? Samad Miah?'


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10. Something to Keep You Occupied

There is often a lot of time during a casting or booking where you will be waiting around for photographers to set up lighting, makeup artists to finish with other models, etc.

Be sure to bring something with you to keep you occupied... Perfect opportunity to start that book you want to read!



Being prepared for the unexpected REALLY makes the difference between
an amateur model and a professional model.

It's not always the prettiest or most handsome model who gets the job,
but the most professional and prepared model.

With love,
Nova Team

