

Packing for Progress

We're beyond excited to welcome you to the 2025 Bravo Bravery Retreat! Our team is busy behind the scenes, curating all the little details to make sure you feel the BRAVO for your bravery. This guide is here to help you feel prepared and even more excited for what's to come.

Nothing on this list is required—just helpful ideas to spark inspiration as you pack. Bring what feels right for you and get ready for an unforgettable experience.

Because your dreams deserve both grit and glam.

Clothing Ideas

- Comfy outfits to dream & work in
- 1-2 Camera Ready Outfits
- 1-2 walking/hiking friendly outfits
- Layers for hot days and breezy evenings
- Swimwear
- Shoes for walks
- Slippers & pjs
- Any other daily essentials

Documents

- Any research you want to have easy access to linking to your business
- Anything extra you need for your flight or rental car

Toiletries

- Toothbrush
- Deodorant
- Shampoo
- Body Wash
- Sunscreen
- Hair Stuff
- Makeup
- Style stuff for headshots
- Wrinkle Release
- Lint Roller
- Extra Mirror

Electronics

- Camera/GoPro
- Adapters
- Headphones
- Laptop/Tablet
- Phone & Charger

Miscellaneous

- Snacks you love
- Medications
- Bug Spray
- Sunglasses
- First Aid Kit
- Hat
- Business Cards?
- Pens you love
- Reusable Water Bottle
- Brand props you might want in a photo
- Notebook for personal notes, but you will also get a retreat notebook

Others

- Pillow
- Travel Blanket
- Open Mind & Heart
- Bold Business Dreams

Notes:

We know packing is one thing, but packing for headshot is a whole different animal. Your bravery isn't just showing up to the retreat—it's letting yourself be seen. In case that is uncomfortable for you, here are some tips when you are thinking about for photos and video.

Clothing Ideas & Tips





- Pack what makes you stand tall.
 - If it tugs, pulls, or makes you second-guess... it's a no. Choose outfits that let you move, breathe, and own your energy.
- Solids > patterns.
 - Especially small or trendy prints—they don't always photograph well and can date your photos. (But if it's your signature style, go for it!)
- Pick colors that make you shine— and match your brand.
 - These photos will land on your website, social, and materials. Let your clothes reflect your business, not compete with it.
- Think of your brand vibe.
 - What do your clients, followers, or partners see when they land on your homepage? Bring clothes that mirror that feeling—professional, approachable, bold, earthy, luxe... whatever you are.
- Bring 1-2 extra options.
 - If you're not sure, we'll help you decide once you're here. Sometimes you just need to try it on and see it in the desert light.
- Don't forget the in-between moments.
 - Madi and Gemma will be capturing moments all weekend long—yes, even during work sessions and downtime. So maybe save the "Region Champs 2022" tee for bedtime and pack a few comfy, camera-worthy solids just in case.

So you know...

- "I hate being on camera. I'm nervous about photos and video."
 - We get it—and we've got you. Our team is here to capture your essence, not your angles. No pressure. No perfection. Just you.
- "I don't know how to pose. I just feel awkward."
 - You don't need to pose. You just need to show up. We'll guide you through it—every step of the way.
- "I don't like how I look in photos."
 - We hear you. This experience is different. We'll help you feel confident, not staged—and choose styles that love your light.
- "I wish I had lost a few pounds before this."
 - We're not here to shrink you. We're here to celebrate the version of you who said YES. The camera will see your strength and inspiration...not your jeans size.
- "I'm not ready to be seen like that."
 - Ready is a myth. Brave is better. This retreat is about helping you step into your next level—even if it feels a little scary. We'll meet you with grace, guidance, and a camera that celebrates who you already are.

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The Extras

- If you love it, bring it.
 - Sometimes the right jacket, your favorite mug, or your go-to lipstick is all it takes to shift your posture—and your mindset. Confidence lives in the details.
- Jewelry
 - Would you really wear it? - keep it YOU!
 - Not too crazy or trendy - You want the focus to be your face.
 - beware of anything super shiny, huge, or distracting (unless that's your brand sister).
- Make-up
 - The goal: feel like yourself—just a little more polished.
 - Matte skin > shiny finish (cameras don't love sparkle on skin).
 - Do a practice run with the makeup you're bringing.
 - Bold lip? Natural glow? Whatever makes you feel brave and grounded.
- Hair
 - Stick to what works—you don't want to try a brand-new product or style on shoot day.
 - Flyaways? Bring hairspray or smoothing cream. (Editing them out is no fun for anyone.)
 - Let your hair reflect your vibe—not what you think you should look like.
- Props
 - IF YOU WANT
 - Bring 1-2 small items that reflect your brand or energy:
 -  A journal
 -  A favorite coffee mug
 -  Your laptop
 -  Your book or product
 -  Something branded (like a notebook or pen)
 - Make sure your props coordinate with your outfit or brand colors for a cohesive look.

Headshot Wisdom

- You don't need to look perfect. You just need to look like YOU.
- Don't dress for where you are—dress for where you're going.
 - Let your outfit reflect the CEO, coach, creator, or change-maker you're becoming.
- You're not "too late", "too behind", "too old", "too young", "too much", "too out of shape", or whatever other imposter syndrome lies you are letting hold you back.
 - CAPTURING YOU right now with a vision in your hand and dream in your heart is the goal of these headshots. Don't get in your head about it.
- You are right on time to show up for your vision—and the world deserves to see you.