

THROUGH THE LENS STANDARD SUPPLY LIST

Everything you need to make the most of your workshop experience. Whether you're joining us for an outdoor street session or an intimate indoor shoot, this list will help you arrive prepared, comfortable, and ready to create. Pack smart, shoot confidently.

REQUIRED GEAR

These are the essentials — the non-negotiables that every participant should bring to every Through the Lens session. Without these items, you may not be able to fully participate in hands-on exercises or capture the moments we explore together. Take a few minutes before each session to make sure everything on this list is ready to go.



CAMERA OR SMARTPHONE

Your primary creative tool. DSLRs, mirrorless cameras, point-and-shoots, and modern smartphones are all welcome. Whatever you shoot with regularly is the right choice.



FULLY CHARGED BATTERY

Nothing ends a session faster than a dead battery. Charge the night before and bring a spare if you have one — outdoor sessions especially can run long.



STORAGE SPACE

Ensure your memory card is formatted and has ample room, or that your phone's storage is cleared. We shoot a lot — you'll want plenty of space available.



COMFORTABLE WALKING SHOES

Many of our sessions involve moving through neighborhoods, parks, or markets. Supportive, broken-in footwear keeps you focused on shooting, not your feet.



WATER BOTTLE

Stay hydrated throughout the session. We recommend at least 500ml, especially for morning or midday outdoor workshops where temperatures can climb.

DON'T FORGET YOUR CAMERA BAG

A lightweight crossbody camera bag is one of the most underrated pieces of gear you can bring. It keeps your equipment secure and accessible while freeing up your hands — and your mind — to focus entirely on composition and light. You'll thank yourself when you're moving quickly between shots.

RECOMMENDED ITEMS

These items aren't strictly required, but they'll meaningfully elevate your experience. Participants who come prepared with these extras tend to engage more deeply with exercises, stay comfortable longer, and walk away with richer notes and reflections to reference later.



NOTEBOOK OR FIELD JOURNAL

Capture ideas, sketch compositions, and jot down instructor tips in real time. The Through the Lens™ Field Journal is specially designed for workshop use with prompts and reflection pages.



LIGHTWEIGHT CROSSBODY BAG

A hands-free carrying solution that distributes weight evenly and keeps lenses, batteries, and accessories within easy reach without slowing you down between locations.



SUNSCREEN & HAT

For outdoor sessions, sun protection is a must. A wide-brimmed hat also helps reduce glare when reviewing shots on your screen — a practical double benefit.



WEATHER-APPROPRIATE CLOTHING

Check the forecast and dress in layers. Outdoor sessions continue rain or shine, so comfortable, adaptable clothing keeps you present and engaged no matter the conditions.

YOUR PRE-SESSION CHECKLIST

Run through this quick checklist the evening before your workshop. A little prep time goes a long way — arriving ready means you can dive straight into the creative work from minute one, without scrambling for gear or troubleshooting avoidable issues.

- ☒ Camera or smartphone selected and cleaned
- ☐ Battery fully charged (and spare packed if available)
- ☐ Memory card formatted or phone storage cleared
- ☐ Crossbody bag packed with essentials
- ☐ Notebook and pen tucked in bag
- ☐ Weather-appropriate outfit chosen
- ☐ Sunscreen and hat ready (outdoor sessions)
- ☐ Water bottle filled and packed
- ☐ Session location and start time confirmed

THE THROUGH THE LENS™ FIELD JOURNAL

More than just a notebook, the Through the Lens™ Field Journal is a purpose-built companion for every session. It features structured prompts to help you define your creative intention before shooting, reflection pages to review what worked and what didn't, and open sketch grids for thumbnailing compositions before you raise the camera. Many participants tell us their Field Journal becomes one of their most treasured creative records.

If you don't have one yet, you can pick up a copy at check-in during your first session, or order ahead through the Through the Lens website. A plain notebook works perfectly well too — the habit of writing is what matters most.

GEAR TIPS BY SESSION TYPE

Not all workshops are created equal. The gear you prioritize will shift slightly depending on the format of the session you're attending. Here's a quick reference to help you tailor your pack list.



OUTDOOR WALKING SESSIONS

Prioritize comfortable shoes, sun protection, and a crossbody bag. Bring extra battery capacity and make sure your storage is fully cleared. Weather layers are strongly recommended.



STREET & URBAN PHOTOGRAPHY

A discrete, compact camera bag is ideal. Keep your gear minimal and accessible. Your notebook is especially useful here for jotting observations about light, shadow, and subject behavior.



INDOOR STUDIO SESSIONS

Battery and storage are your top priorities. Comfortable shoes matter less, but you'll still want your notebook and a pen to capture technique notes during demonstration segments.



SMARTPHONE PHOTOGRAPHY

Make sure your phone is charged above 80% before arriving. Clear your camera roll or back up photos to free at least 5–10GB. A small portable charger is a smart addition.

QUICK-REFERENCE SUPPLY SUMMARY

A clean overview of everything discussed — perfect for a last-minute scan before you head out the door.

Item	Purpose	Required?
Camera or Smartphone	Your primary shooting device	Required
Fully Charged Battery	Power for the full session	Required
Storage / Memory Card	Space to save your shots	Required
Comfortable Walking Shoes	Mobility and comfort	Required
Water Bottle	Hydration throughout session	Required
Notebook / Field Journal	Notes, reflections, sketches	Recommended
Pen or Pencil	Writing and sketching	Recommended
Crossbody Camera Bag	Hands-free gear transport	Recommended
Weather-Appropriate Clothing	Comfort in all conditions	Recommended
Sunscreen & Hat	Sun protection (outdoors)	Recommended

A NOTE ON GEAR MINDSET

The best camera is the one you actually bring — and the best bag is the one that doesn't slow you down.

Through the Lens sessions are intentionally gear-agnostic. We've had participants produce stunning work on a three-year-old smartphone, and others who arrived with a full professional kit and found the session's greatest value in slowing down and observing. What you bring matters far less than how you show up creatively.

That said, being well-prepared removes friction. When you're not worrying about a dying battery or hunting for a scrap of paper to write on, your full attention can go toward seeing — which is ultimately what photography is all about. Think of your supply list not as a burden, but as the foundation that lets the creative work flow freely.

WHAT MATTERS MOST

- Your curiosity and willingness to experiment
- Showing up ready to engage fully
- Leaving gear anxiety at the door

WHAT WE PROVIDE

- Expert instruction and feedback
- Structured creative prompts
- A supportive community of fellow shooters

SEE YOU AT THE SESSION

You're all set. With your gear packed, your battery charged, and your Field Journal at the ready, you're prepared to make the most of every minute. Through the Lens workshops are designed to meet you exactly where you are — whether you're picking up a camera for the first time or deepening a long-standing practice.

If you have any questions about what to bring, or if you have accessibility needs that might affect your gear choices, don't hesitate to reach out before the session. We want every participant to feel confident and comfortable from the moment they arrive.

- 📄 Questions? Contact your workshop facilitator or visit the Through the Lens website for session-specific details and updates.