



I.T.S. SELF SUBMISSION TOOLKIT

Professional Self-Tape • Audition • Submission/Booking Essentials

Created for I.T.S. Models & Talent and TAP students to help talent create cleaner self-tapes, stronger submissions, and more professional casting materials.

Professional Self-Tape • Audition • Submission Essentials

TRIPODS

- Tripod
- Phone Clip – Tripod Mount Adapter
- Recommended Tripod Upgrade
- Tripod with Remote

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LIGHTING

- Lights
- Light Diffuser 1
- Light Diffuser 2
- Lights with Phone Holder
- Ring Lights 1
- Ring Lights 2
- Ring Lights 3
- Ring Light with Stand
- 3 Point Lighting System
- Backdrop & Lighting Kit

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MICROPHONES + AUDIO

- Lavalier Microphone
- Wireless Lavalier Microphone
- Wireless Lavalier Microphone 2
- Shotgun Microphone
- Shure Microphone
- Desktop Articulating Boom for Microphone
- Condenser Microphone
- Camera with Microphone
- Recommended Wireless Audio Upgrade

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SOUNDPROOFING

- Sound Proof Panels
- Sound Proof Blankets

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BACKDROPS

- Blue Backdrop
- Blue Backdrop 2
- Gray Backdrop
- Backdrop Stand Kit
- Backdrop Stand Kit 2
- Collapsible Backdrop (Gray and Teal)
- Gray Backdrop
- Brown Backdrop

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CASTING WARDROBE

- Mens Solid T Shirt Pack – Casual
- Women’s Solid T Shirt Pack – Casual

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EXTRA'S

- Hydrating Skin Care Traveling Kit
- Teeth Whitening
- Glasses for screen reading
- Highlighters for Scripts
- Traveling Steamer for Clothes
- Make up to Cover Tattoo's
- Lotion
- Nail Kit
- Clothing Hanger
- Traveling Bag
- Make up Protector
- Garment Bag
- Garment Bag – hang up

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FREE EDITING SITES

- CapCut
- Canva
- DaVinci Resolve

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FREE UPLOADING SITES FOR LARGE FILES

(also an option to join with payment)

- WeTransfer
- Dropbox

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REDUCE FILE SIZES

- Compress2Go

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BOOKS

- Actors' Thesaurus
- Actor's Life: A Survival Guide

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