

DRESSED,
STYLED, *and*
DOWN *the* AISLE

Becoming a Stylish Bride

CHAPTER 07

WHAT TO BRING TO YOUR APPOINTMENTS: CHECKLIST

brought to you by

Julie Sabatino

Founder of The Stylish Bride





First and foremost, congratulations on scheduling your first bridal salon appointment! Shopping for your wedding dress can be one of the most exciting parts of your wedding planning journey as long as you know what to expect and what to bring with you. Below, I have compiled a short list of essential items that promise to make the shopping experience seamless and fun — be sure to celebrate with a little bubbly!



YOUR BRIDAL STYLE BLUEPRINT

Check out The Stylish Bride website if you haven't done yours!



YOUR SAMPLE SIZE SOLUTION

A must-have to get a better sense of how the dress will look on you.



NUDE UNDERWEAR

These are a must. Colored undies will spoil the moment you see yourself in your dress, trust me.



NUDE SHAPEWEAR

This is important if you think you may wear them on your wedding day or are modest about changing in front of people. However, you should only wear shapewear if you want to and if it is comfortable.



BREAST LIFT TAPE

Not only will this offer support while trying on wedding dresses, but you can also use it to lift and shape the breasts to fit into different silhouettes.



SHOES THAT SLIDE ON WITH THE SAME HEEL HEIGHT YOU PLAN TO WEAR.

Some salons will have some set-aside, but they are typically not in great shape and you can't guarantee the heel height/size you need will be available.



PHOTOS OF ANY HEIRLOOMS/ACCESSORIES YOU KNOW YOU WANT TO WEAR.

Having an understanding of how that necklace will look with that neckline is a must.



HAIR TIES/CLIPS

I suggest you bring these even if you know you want to wear your hair down — it's always good to get it out of your face when you're trying on dresses.



A FULLY CHARGED PHONE (AND A PHONE CHARGER)

Bonus points for bringing a battery pack.



A COLLAGE APP DOWNLOADED AND READY TO GO

We like PicStitch but there are several good ones on the market.



SNACKS AND BOTTLED WATER IN YOUR BAG

No one wants to shop with a hangry bride-to-be.

Finally, a carefully curated crew of good people who will be present, supportive and bring good vibes!

Click [here](#) for a shoppable list of our curated wedding dress shopping essentials.

Happy shopping!