

1 • THE ROOM

- ☐ Close windows; listen 20 seconds for hums
- ☐ Move fridges and AC out of the mic line
- ☐ Soft furnishings beat foam: curtains, beds, coats
- ☐ Kill neon and dimmers that buzz into mics

2 • THE DEVICE

- ☐ Record 30 s of room tone before every session
- ☐ Set gain so peaks sit around -12 dB
- ☐ Use the rear mic, not the laptop array
- ☐ Wired over Bluetooth, always

3 • THE HABIT

- ☐ Phone on aeroplane mode, door sign up
- ☐ Same seat, same distance, every episode
- ☐ Mark mistakes with a clap, not a retake
- ☐ Back up before you stand up

4 • THE TEST

- ☐ Listen back on phone speakers, not headphones
- ☐ Check levels match last week's episode
- ☐ Export a 60 s sample for a sanity check
- ☐ Name files show-epYY-takeNN

5 • ON THE DAY

- ☐ Water within reach, outside mic reach
- ☐ Repeat the room tone after the session
- ☐ Note anything new that made noise
- ☐ Send the crew the noisy timestamp, we'll fix it