

Checklist for Media Professionals



You Can Claim:

- Tools & gear (like cameras, dictaphones, editing software – if paid by you)
- Logoed uniforms or protective clothing (not regular workwear)
- Travel (overnight work trips: meals, accommodation, transport)
- Work-from-home expenses (utilities, repairs, home office gear)
- Phone & internet (work-related usage on personal devices, proportionally)
- Self-education (courses relevant to your current media role – shorthand, new tech)
- Work-related media (newspaper, subscriptions, pay TV if not employer-covered)

You Cannot Claim:

- Conventional clothing (jeans, suits, comfy shoes – even if “on set”)
- Entertainment (concerts, games, business meals – even if networking)
- Employer-supplied gear (no claiming that laptop or DSLR they gave you)
- Everyday meals/snacks (yes, even if you are chasing a deadline or starving)
- Doctor visits
- Uber eats, cabs, taxis, and drivers

Record-Keeping Musts:

- Digital receipts (clear image or email with supplier, date, amount, and description)
- No need to keep receipts under \$10 unless they add up to more than \$200 total.



Book your FREE consultation today
and avoid last-minute tax stress.