

Podcast Mix Checklist

A repeatable mix and delivery checklist for solo podcasts, interview shows, remote recordings, and video podcasts.

Episode Info

Show	Episode	Mixer	Delivery date

Mix Pass

Stage	Target / Check	Pass / Notes
Raw recording	Peaks typically below -6 dBFS; no clipping; stable mic distance.	
Noise cleanup	Remove hum, fans, clicks, and long silences without making speech sound gated.	
EQ	High-pass rumble; reduce mud; keep speech natural.	
Compression	Level speech without pumping; keep breaths and emphasis believable.	
De-essing	Reduce harsh S sounds only where needed.	
Loudness	Common podcast target: -16 LUFS stereo or -19 LUFS mono.	
True peak	Keep final true peak at or below -1 dBTP for safety.	
Export	Check WAV master and MP3/AAC delivery file separately.	

Listen-Through

- Check the intro, loudest section, quietest section, and outro on headphones.
- Spot-check on phone/laptop speakers.
- Confirm music and ads are not much louder than speech.
- Use the Podcast Level Meter or True LUFS File Checker on Infinite Creation before publishing.