Dear [Recipient's Name],

I hope this message finds you well. I am reaching out to request an updated media list for [specific purpose, e.g., our upcoming event, project, etc.]. Having the latest information would be invaluable for us in ensuring effective communication and outreach.

If you could provide the updated list or direct me to where I might access it, I would greatly appreciate it. Thank you for your assistance.

Best regards, [Your Name] [Your Position] [Your Company/Organization] [Your Contact Information]