

Fact Sheet: TV – What to Wear?

Men:

- ✓ Gray, blue or brown coats or suits. Black should be avoided because it absorbs too much light. Avoid stripes, checks and flashy patterns.
- ✓ Double-breasted jackets should be kept buttoned – single breasted jackets may be unbuttoned.
- ✓ Shirts should be white, off-white or light blue.
- ✓ Neckties with muted colors or quiet patterns are best. Don't wear ties with a small dot pattern because the dots will appear to vibrate. If your tie is patterned, wear a solid colored shirt and solid colored suit.
- ✓ Wear knee-length socks darker than your suit.
- ✓ Be sure to have a clean-shaved look.
- ✓ Make sure your hair is neat and well trimmed. Get a haircut if needed.

Women:

- ✓ Wear a tailored dress or suit and blouse, free of fussy necklines. Avoid slacks, short skirts and clothes that are too tight or too loose.
- ✓ Wear neutral colors: pale blue, varying shades of gray, brown or khaki. Avoid wearing tightly patterned or geometric designs larger than one inch, and also avoid white or very light colors because they tend to make the face appear too dark on color television.
- ✓ Do not wear light-catching or jangling jewelry. Small gold or pearl earrings are good choices.
- ✓ Wear regular makeup in neutral tones. Use a neutral face powder, eyeliner, pastel shades of eye shadow, blush applied high on the cheekbones and soft shade of lipstick in rosy pink or coral. No bright red lipstick. Lip liner gives more definition to your lips.
- ✓ Bring a scarf that is the opposite color of what you are wearing in case your outfit is the same color as the set background. Tie the scarf around your shoulders and it will keep you from disappearing into the background.