

Wardrobe Guidelines

"What do I wear on camera?" This is a **great** question to ask. There are some general "rules of thumb" regarding colors and patterns that look best on camera. There are also some style choices that facilitate the best microphone placement, so you can sound as good as you look.

The color of the background, how close you are to it, and how much lighting can be used to create separation are all factors that affect how you appear on camera. Whenever possible, bring alternative clothing and accessory options with you.

General Wardrobe Tips for Men and Women

Color: Stay away from extremes – dark or light. Concentrate on mid-tone greens, blues, browns, yellows, and grays. Large areas of black, white, or red are the least desirable.

Pattern: Avoid intricate patterns, such as houndstooth, herringbone, small checks, or fine stripes. Some fabric weaves and patterns can create a ripple effect called moiré that is distracting on screen.

Style: A button-down shirt with a reinforced button placard is the sturdiest option for placement of a lav microphone.

Glasses: Wear glasses on camera only if you cannot see without them. Be aware that heavy, dark frames can cause significant shadows. Tilting the frames up slightly behind your ears may reduce reflections that can hide your eyes.

Wardrobe Tips for Men

Clothing: Suits should be medium blue, gray, or brown. Solid pastel shirts and ties with conservative patterns are a good choice. Vests are usually too formal and constricting. Socks should reach halfway up the calf. Be aware that the bottom of your shoes may be seen if you are seated on an elevated stage.

Makeup: Keep an open mind about makeup. A little powder goes a long way to reduce shiny areas on your face and hairline.

Wardrobe Tips for Women

Clothing: Choose a good business suit - skirt or pants with a jacket. Avoid loud, busy, or vibrant patterns. Moderate contrast is the key. A strong button placard or jacket lapel is the ideal place for a lav microphone. Remember, the battery pack needs to clip onto you as well, preferably on the waistband or a belt.

Jewelry: Avoid shiny jewelry and dangling earrings. Jewelry that sparkles creates distracting flashes of light on camera. Pearls, small gold/silver earrings, and a conservative necklace are some good examples of what to wear. If your necklace, bracelets, or earrings make noise when you move, we will most likely hear it through your mic. Be careful that jewelry or scarves do not hang low enough to rub against a lav microphone. The same is true for your hair.

Makeup: Come with your standard makeup already applied. Have your personal compact and lipstick ready for touch-ups. Avoid extremes in eye shadow, liner, and lipstick. Vivid red lipstick or shiny lip gloss does not translate well on camera.