



HOW TO PREPARE TO BE ON CAMERA IN CAPS MEDIA STUDIO

WOMEN: WHAT TO WEAR/NOT TO WEAR

- Wear solid colored clothes: Navy blues, grays, purples, dark creams, browns, and neutral colors.
- Wear clothes made of natural fabrics that tend to breathe easily under the warm studio lights.
- Wear accessories (like scarves) with subtle patterns.
- Wear simple jewelry. If you are unsure about certain pieces, bring alternate ones.
- Arrive "Camera Ready." Prepare your makeup as you normally do. Matte foundation is preferred to avoid too much shine. We have touch-up assistance available but not a make-up person.
- Style your hair off your face to avoid shadows.
- Bring a variety of lipsticks; some will look better on camera than others. The key is to match to your blush and clothes, opting for brown tones rather than bright reds.

- Do Not Wear Green.
- Avoid black, stark white, bright yellow and red.
- Avoid white blouses that reflect light into the camera.
- Avoid highly shiny or glossy fabrics that reflect light back into the camera.
- Avoid fabrics with complicated patterns such as checks, tight/close stripes, and herringbones.
- Avoid sleeveless dresses or tops that are not accompanied by a matching jacket or ensemble.
- Avoid wearing a new outfit for the very first time. You need to know that everything fits and feels good so that you feel comfortable.
- Avoid large jewelry that may sparkle, shine or dangle in the light.
- Avoid jewelry that rattles, clicks and clanks such as multiple bracelets or long necklaces.

MEN: WHAT TO WEAR/NOT WEAR

- Wear a blue, gray, pink, or beige dress shirt if you are going to wear a dress shirt.
- Wear a medium colored suit, if possible. Best bets are blue/dark blue, gray, and brown.
- If you do not wear a dress suit, bring solid colored clothes. Best bets are navy blues, purples, dark creams and browns.
- Wear clothes made of natural fabrics that tend to breathe easily under the warm studio lights.
- Bring two or three neckties to try out on camera.
- Bring a handkerchief for your inside pocket if you tend to perspire.

- Do Not Wear Green
- Avoid stark white or bright yellow shirts.
- Avoid black or finely striped suits.
- Avoid white, bright yellow, and red suit handkerchiefs.
- Avoid dress shirts with pinstripes close together. Avoid short sleeve shirts.
- Avoid fabrics with complicated patterns such as checks, tight/close stripes, herringbones, tweeds, and loud plaids.
- Avoid neckties with bold, tightly designed patterns, including plaids, polka dots and shiny fabrics.
- Avoid moisturizer or sunscreen to avoid shine.