

Wardrobe and Make-up tips

The following tips are general in nature, but solve many of the problems videographers must deal with in lighting, camera positions and discretion. Obviously, there are times when wardrobe is dictated by the subject matter, but in general, we've found the following tips to be a valuable time saver and create a better on-camera impression for the participants.

DO NOT WEAR:

1. Large amounts of white or light pastels
2. Large amounts of red or black
3. Large amounts of bright, shiny jewelry
4. Fabrics with narrow stripes, small dots or tiny patterns with high contrast (black and white herringbone)
5. Harsh make-up
6. Very short skirts or shorts

DO WEAR:

1. Darker pastels (pinks, blues), gold, brown, etc. (red, black, and white in small amounts).
2. Regular street make-up
3. Make sure your hair is neat
4. Make sure jewelry is discrete and will not interfere with lavalier microphone placement

If at all possible, bring an alternate suit of clothing. Ladies should bring their own compact, blush, lipstick, etc. for in-production make-up repair.

Above all, the clothes you bring should be clean, pressed and comfortable. Video production takes time, and comfort is essential for long taping sessions.

Consider the following when choosing your wardrobe:

1. Will I be standing, sitting or both?
2. Will I be using my arms or legs as part of the presentation (creating an object, working at a blackboard, riding an exercycle, etc.)?
3. As I do my demonstration, will my hair, jewelry, necktie, etc., get in the way?
4. Do my shoe soles squeak when I walk?

The viewer's first impression of you, and the University, is visual. Be sure your wardrobe makes a good first impression.

Feel free to contact the ITS Television Department at 619-594-4323 with any questions.