



DRESS CODE

Before you say a single word to the interviewer, you have already made an impression based on how you're dressed. The guidelines given here are commonly accepted as appropriate for interviewing. Every company has a different dress code; how you dress at the job may have very little to do with how you dress for an interview.

Males

- Dress in a manner that is professionally appropriate to the position for which you are applying. In almost all cases, this means wearing a suit. It is rarely appropriate to “dress down” for an interview, regardless of company dress code policy. When in doubt, go conservative.
- You should wear a suit to interviews. “Suit” means the works: a matching jacket and pants, dress shirt, tie, coordinating socks and dress shoes. A dark-coloured suit with light coloured shirt is your best option.
- Your suit should be comfortable and fit you well so that you look and act your best. There is a difference between not yet feeling at ease in a suit and trying to fit into the same suit you wore to your sister's wedding when you were 15. (In the latter case, it's time to invest in a new suit!)
- Avoid loud colours and flashy ties.
- Clothing should be neat, clean, and pressed. Don't wear cologne or aftershave. You don't want to smell overpowering or worse, cause an allergic reaction.
- Make sure you have fresh breath. Brush your teeth before you leave for the interview, and don't eat before the interview. Don't smoke right before an interview.
- Your hair should be neat, clean, and conservative. Be sure to shave the morning of the interview, even if you don't ordinarily shave every day. If you have a full beard or moustache it should be trimmed and neat-looking.
- A good rule of thumb is to dress like your boss. Shoes should be well-polished and in good condition, not scuffed or run-down at the heels. They should also match your belt. You will get a great deal of use out of a good-quality pair of dress shoes in a traditional style. Ask the salesperson at the shoe store for advice.



Females

- Generally, you should wear a suit with a skirt or pants. When in doubt, be more conservative.
- Your suit should be comfortable and fit you well; if your waistband is cutting you in half or your jacket is too tight, you won't look or act your best. Some stores offer free alterations when you purchase a suit, or you may want to find a tailor to adjust a suit you already own.
- Interview suits should be simple and dark in colour. Anything tight, bright, short, or sheer should absolutely be avoided. (Interviewers have been known to complain about the length of interviewees' skirts; if you have any doubts, it's probably too short.) Knee-length skirts are suggested. Very long skirts, while modest, are also considered too trendy for an interview.
- Wear a conservative blouse with your suit. Do not wear bright colours, animal prints, or anything lacy, sheer, or low-cut.
- Make-up and nail polish should be understated and flattering; shades that are neutral to your skin tone are generally advisable. Avoid bright or unusual colours or very long nails.
- Keep your jewellery and hair accessories to a minimum, and stick to those that are not flashy, distracting, or shiny. One ring per hand is best.
- Shoes should be conservative and fairly low-heeled. They should be in reasonably good condition, not scuffed or run-down at the heels. Don't wear shoes with an open toe or back; any shoes you would wear on a date or to a club are probably inappropriate. A basic pump is flattering, versatile, and will stay in style forever (once you own pumps, you can spend the rest of your money on fun shoes). The salesperson in the shoe store can steer you in the right direction.
- Your hose should be neutral (matched to your skin tone). Make sure the heels are not dyed black from your shoes and that there are no snags or runs. Only use the nail polish trick in an emergency; you may want to carry an extra pair of hose with you instead.



- Dress in a manner that is professionally appropriate to the position for which you are applying. In almost all cases, this means wearing a suit. It is rarely appropriate to “dress down” for an interview, regardless of company dress code policy. When in doubt, go conservative (is this starting to sound familiar?).
- Your clothing should always be neat, clean, and pressed. If you don’t have an iron, buy one.
- Wear deodorant. Don’t wear perfume: you don’t want to smell overpowering or worse, cause an allergic reaction.
- Make sure you have fresh breath. Brush your teeth before you leave for the interview, and don’t eat or smoke before the interview.
- Your hair should be neat, clean, and conservatively styled. Banana clips, brightly-coloured scrunchies or elastics, and cheerleader-type ponytails look out of place with a suit. You may want to wear your hair in an up do, pull it back into a low ponytail. The idea is to look polished and professional, not to advertise what a creative genius your hairdresser is.



MALE EXAMPLES



Formal

- Trimmed hair
- Full fitted suit grey or dark blue.
- Shirt and tie coordinate with suit
- Conservative pattern on tie.
- Shirt cuff showing slightly at wrist.
- Brown or black polished dress shoes.



Business

- Long-sleeved dress shirt
- Pants ending at ankles
- Broad/ Slim conservative tie
- Belt colour matching shoes
- Little jewellery



FEMALE EXAMPLES

Formal



- Simple or professional hairstyle.
- Knee length skirt or dress that is not too tight.
- Not too deep cut top.
- Patterns which are not too bizarre or flashy.
- Modest or no jewellery that complements outfit
- Matching long sleeve suit coat.
- Enclosed toe heels (less than 4 inches)
- Medium size functional bag that matches shoes.



Business

- Knee length skirt dark skirt
- Conservative blouse which does not expose too much skin.
- No outrageous hairstyles or colours.
- Minimal makeup and jewellery.
- Small functional bag to match the outfit.
- Dark coloured flat enclosed shoes or spooled heels.