

Dressing for an Interview

MEN

For business, the professions, public contact, and customer service, wear a suit or matching sport coat and pants, tie, socks, and shirt; no extreme styles or loud colours; recent haircut.

Some other jobs are not as formal. Wear sports jackets, sports shirts and slacks, or if appropriate the type of working clothes worn on the job.

The following suggestions apply to **all types of jobs**:

- use unscented deodorant after your shower and use mouthwash after brushing your teeth
- clothes clean and pressed, shoes shined
- fresh shave, hair washed and neatly styled; moustache, sideburns or beards all neatly trimmed, fingernails clean, and trimmed; unscented aftershave
- avoid fads in appearance and dress
- be aware of how people dress at place of employment

WOMEN

The following rules apply in **most occupations**:

- neat, becoming hairstyle, but not extreme; hair freshly washed
- use unscented deodorant after your shower and use mouthwash after brushing your teeth
- simple clothes, clean and pressed, shoes shined
- dress conservatively; skirts and suits are best for professional, office, sales, public contact, and customer service jobs
- avoid flashy jewellery - keep it simple
- perfume - none at all or only a bit; some interviewers may have allergies
- go easy on makeup and fingernail polish; avoid unusual colours or extremely long nails

Clothing does not have to be expensive to make a good impression; select colours that you know suit you and that reflect your good taste.

**Remember, neatness and cleanliness are always important.
When in doubt dress on the conservative side!**