### Hygiene
- Shower & wash your hair
- Choose a simple hairstyle
- Brush your teeth, floss, & use mouthwash
- Trim your nails
- Use deodorant; avoid strong perfumes/colognes

**Women**
- Wear minimal make-up

**Men**
- Shave; trim & brush facial hair

### Suit
- Matching jacket & bottom
- Dark colors: navy, dark or charcoal
- Clean, tailored and freshly pressed
- Empty pockets to avoid any bulging/jingling of coins

### Women's Wear
- White/cream dress blouse; cotton/silk fabric
- Opt only for full-length pants or knee-length skirt/dress
- Tan, light taupe navy/black hosiery
- Clothing should fit comfortably

### Men's Wear
- White/pastel long-sleeved collared cotton button-up shirt
- Undershirt
- Patterned tie that complements suit & shirt
- Tie should reach your belt line; preferably silk/high quality
- Trousers long enough to cover socks

### Shoes
- Polished leather dress shoes
  **Women**
  - Closed-toe shoes; heels up to 1 to 2 inches; matches suit
  **Men**
  - Black, cordovan or brown classic lace-up shoes; matches your belt
  - Dark socks that match your suit

### Accessories
- Turn off cell phone
- Cover up tattoos
- Confidence & enthusiasm!

**Watch, 1 pair of earrings, ring & necklace**

**Women**
- 5 conservative pieces:
  - Watch, 1 pair of earrings, ring & necklace

**Men**
- 2 conservative pieces:
  - Watch & ring

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55% of another person’s perception of you is based on how you look. — Kim Zoller, Image Dynamics