### 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

### Shirt/Blouse
**Men**
- Cotton/cotton blend long sleeved shirt with a collar
- White/pastel in color
- Sweater that complements shirt/slacks
- Polo style shirt is also acceptable

**Women**
- Conservative frill-less
- Cotton/silk fabric
- White/pastel in color

### Pants
- Dark blue, black, gray or khaki colors
- Full-length only
- Pants should fit appropriately and comfortably (avoid tight/baggy fit)
- Wear a belt that matches your shoes

### Skirt
- Conservative black, dark blue or gray
- Knee length
- Comfortable fit without a high slit (avoid tight/baggy fit)

### Shoes
- Polished leather dress shoes in neutral color
  
  **Women**
  - Closed-toe pumps with a low heel (1-2 inches)
  - Wear neutral or black hosiery

  **Men**
  - Clean shoes that compliment belt color; no scuffs
  - Calf socks that blend with your suit or are a little darker

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

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

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

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We act the way we dress. Neglected and untidy clothes reflect a neglected and untidy mind.  
- Unknown