# WHAT NOT TO WEAR ON CAMERA

Different shooting scenarios require talent to match clothing with the scene. If shooting in a studio with a cyclorama backdrop (a seamless, green or blue backdrop) talent will not wear green or blue. Also, some cameras use interlacing technology and cannot manage pin strips or plaid patterns. The color red often causes a halo effect and should be avoided. This document identifies what not to wear on camera and then outlines suggested, on-camera attire.

• Avoid stark white or bright yellow shirts that tend to reflect light and be too vivid on camera.

• Avoid black suits, which tend to diminish your appearance because they absorb too much light.

• Avoid white, bright yellow, and red suit handkerchiefs, which tend to reflect light and be too vivid on camera.

• Avoid dress shirts with pinstripes close together. Lines close together tend to flutter on camera.

• Avoid fabrics with complicated patterns such as checks, tight/close stripes, herringbones, tweeds, and loud plaids. Fabrics of this design tend to strobe on camera.

• Avoid neckties with bold, tightly designed patterns, including plaids, polka dots and shiny fabrics. They too will flutter on camera.

• Avoid short sleeve shirts. Short sleeves give an informal look.

• Avoid shiny jewelry and metal tie clips, which reflect light back into the lens of the camera.

• Bring a blue, gray, pink, or beige dress shirt if you are going to wear a dress shirt.

• Bring a medium colored suit, if possible. Best bets are blue/dark blue, gray, and brown.

• If (due to your target audience's preference) you do not wear a dress suit, bring solid colored clothes. Best bets are navy blues, purples, dark creams and browns.

• Bring clothes made of natural fabrics that tend to breathe easily under the warm studio lights.

• Bring two or three neckties that match your suit (to try out on camera). Make sure neckties are non-shiny and loosely patterned.

• Bring a medium colored handkerchief for your inside pocket if you tend to perspire.

• Bring comfortable shoes.

The examples below illustrate appropriate and effective clothing and fashion selections. These options work well on camera.



Dr. David Chappell
Department of History
The University of Oklahoma



Martha C. Galvan-Mandujano
PhD Candidate - Dept of Modern Languages, Literatures and Linguistics
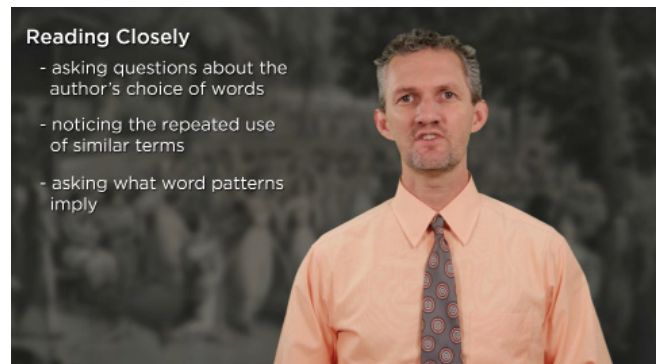The University of Oklahoma

# WHAT NOT TO WEAR ON CAMERA

• Avoid stark white, bright yellow and red suits that tend to reflect light and be too vivid on camera.

• Avoid black suits, which tend to diminish your appearance because they absorb too much light.

• Avoid white blouses that reflect light into the camera.

• Avoid highly shiny or glossy fabrics that reflect light back into the camera.

• Avoid fabrics with complicated patterns such as checks, tight/close stripes, herringbones and tweeds. Fabrics of this design tend to strobe on camera.

• Avoid wearing sleeveless dresses or tops (even in the summer) that are not accompanied by a matching jacket or ensemble. Short sleeves give an informal look and bare arms may draw the viewer's eye away from your face. With makeup on your face, your arms will appear much lighter in color on camera.

• Avoid wearing a new suit for the very first time. You need to know in advance that everything fits and feels good so that you feel comfortable.

• Avoid large jewelry that may sparkle, shine or dangle in the light (such as long earrings and gold necklaces worn outside).

• Avoid jewelry that rattles, clicks and clanks such as multiple bracelets or long necklaces. These tend to brush up against your microphone, causing distracting noise.

• Bring solid colored clothes. Best bets are navy blues, grays, purples, dark creams, browns, and neutral colored suits.• Bring clothes made of natural fabrics that tend to breathe easily under the warm studio lights.

• Bring accessories (like scarves) with subtle patterns.

• Bring simple jewelry. If you are unsure about certain pieces, bring alternate ones.

• Bring comfortable, low-heeled shoes if you are going to be standing behind a console for long periods.

• Style your hair off your face to avoid shadows.

• Bring a variety of lipsticks; some will look better on camera than others. The key is to match to your blush and clothes, opting for brown tones rather than bright reds.

The examples below illustrate appropriate and effective clothing and fashion selections. These options work well on camera.



Dr. Christina Miller
Anne and Henry Zarrow School of Social Work
The University of Oklahoma



Dr. Robert Scafe
Expository Writing
The University of Oklahoma

## CENTER FOR TEACHING EXCELLENCE
*The* University *of* Oklahoma