

## Interview Attire

The first impression you make on a potential employer is the most important one. A large part of that first impression is formed before you even answer any interview questions. Regardless of the type of work environment, it is important to dress professionally for a job interview. A good rule is to dress one step above the dress code of the workplace.

### Men's Interview Attire

- Suit (solid color - navy or dark grey)
- Long sleeve shirt (collared)
- Belt
- Tie
- Dark socks, conservative leather shoes
- Little or no jewelry
- Neat, professional hairstyle
- Light or no aftershave/cologne
- Neatly trimmed nails
- Portfolio or briefcase

### Women's Interview Attire

- Suit (navy, black or dark grey)
- Coordinated blouse
- Conservative shoes
- Limited jewelry (no dangling earrings)
- Professional hairstyle
- Neutral pantyhose
- Light make-up and perfume (if any)
- Neatly manicured clean nails
- Portfolio or briefcase

### What Colours to Wear

Wearing the right colors can help express your confidence, professionalism and your ability to fit into an organization's environment. REMEMBER: **bright colours** can be very distracting and unprofessional!

### Interview Attire Tips:

- Before going to an interview, have appropriate interview attire and make sure everything fits correctly
- Get your clothes ready the night before
- Make sure all clothes are cleaned before the interview. If the clothes are dry clean only, make sure you take them in to be cleaned with enough time to get them back before the interview
- Polish your shoes
- Bring a breath mint and use it before you enter the building
- If you have many piercings, leave some of your rings at home, or wear smaller studs so they are less distracting
- Depending on the type of work environment, you may want to cover any tattoos

### What NOT to Bring to an Interview

- Gum
- Large, distracting jewelry or accessories
- Bulky items such as large purses, multiple bags/purses, or backpacks