


## **Preparing for your video shoot at the NFLC**

We ask that you dress in professional business attire. For men, a jacket and tie works well. For women, a jacket is also a great choice. Vibrant colors (with a couple of exceptions below) are fine and look good on camera. The studio lights can get hot, so be prepared to get a little warm while shooting.

We have a private change room available at our location, so if your shoot is at the NFLC feel free to travel in comfortable clothes and change here.

### **When selecting your wardrobe, please remember the following...**

- Anything similar to this shade of green  must be avoided - even in patterned materials.
- Please wear dark colored pants as light colored pants can reflect the greenscreen paint.
- Avoid stark white shirts or jackets.
- A blue, grey or brown jacket or suit will always look better on camera than black.
- Please avoid tight patterns, like pinstripes, checks, or herringbones.
- If you wear glasses and have the option to wear contacts, please wear contacts.
- Do not wear glasses with lenses that react to bright light. The studio lights may cause them to darken.
- If you are unsure of a tie or other clothing item, bring several choices with you and we will test them on camera to see what makes you look best.
- Please keep your jewelry choices simple and minimal. Avoid large bangles, bracelets, earrings and other jewelry that make noise when moved. Highly reflective flat surfaces on jewelry can cause visual problems.
- In some situations we may need to clip a small lavalier microphone on your clothing. If you are told this is the case with your shoot, please pay attention to these additional considerations...
  - Wear something that allows us to attach a microphone to you, such as a button up shirt or a jacket with lapels.
  - We'll need to find a place to hide the transmitter. This usually clips to a belt or waistband, or may be placed in a rear pocket.
  - A jacket is especially helpful when wearing a lavalier microphone. If you're not wearing a jacket, the wire will have to run under your clothing to the transmitter.
  - Avoid wearing anything silk (blouses, ties, scarves) as silk can cause static in the lavalier microphone.

## **Hair & Makeup**

Makeup makes a big difference on camera, so please wear makeup.

- Please bring your cosmetics with you to touch up over the course of the shooting day.
- Please bring a comb or brush.
- If you have fly away hair, please bring hairspray with you.
- Even if you do not wear makeup, our camera crew may apply powder to men and women to reduce shine from skin oils.