

## OSOT Photography Session – July 2022

Photographer: Sarah Race

### Advice on clothing

These are recommendations to help folks look their best, not hard fast rules. The most important thing is to wear something you feel good about yourself in and to be relaxed.

- Prefer solid colours, but if you do wear a pattern, it is recommended not to wear too many. It is ok to have 1 or 2 but otherwise, it can look busy. For instance, a patterned shirt under a solid sweater is fine.
- It is best to stick to either warm colours or cool colours, and stick to that side of the colour spectrum (example - greens and blues OR oranges and yellows). And feel free to accent with earth tones, greys, whites or blacks. Be aware if you wear a black suit, black tie and black shirt you might look a bit like you are auditioning for a mob role.
- If wearing a solid white dress shirt, it's best to break it up with something, like a jacket or vest, to keep the attention on the eyes (since in a photo the eyes are drawn to the lightest colour).
- Choose a similar tone with your top and bottom (note if wearing a suit, a white shirt is fine since it is an accent).
- Stay away from strong red, unless wearing regalia since it is hard to print and draws the eyes away from the face and becomes more about the shirt than the person.
- If you are wearing anything with a collar, make sure it is ironed or steamed to avoid looking disheveled since it will be noticeable in the image. The collar is the most important part of the shirt and the most noticeable with headshots.
- If wearing a tie knot, make sure it is right at the top
- If possible, wear muted/subdued colours, again not a rule, just helps to keep the focus on the face.
- Avoid clothing with logos or company names, unless it is your own company (UBC logo is fine!). And avoid baseball caps.
- If you wear make-up, wear it as normal, and there is no need to do anything special for the shoot – it's best to look like yourself.
- Feel free to bring a change of clothes or extra jacket for options.
- If you want to look your best, avoid consuming too much salt the night before (to avoid a puffy face) and get a good night's rest.
- Navy is better than black for the camera. The camera really loves blues.
- If you want your glasses off during the shoot, it's best to remove them early on, to get rid of that indent on the bridge of your nose which can be distracting
- Avoid wearing transitional glasses (the sort that change to sunglasses in the light). The flash will make them appear like sunglasses. That is not something that can be controlled or altered in any way.
- If wearing "computer" glasses (the sort that turn blue), just be aware that the reflections will be blue. Some glasses are more intense than others, so it depends on the coating. If you have a pair of glasses that do not have the special coating that would be best, otherwise allow for extra time to figure out a few work-arounds.