



Guest Recommendations

What to Wear:

- Wear what you want to be seen in. From dress casual on up
- Scrubs are okay
- You may wear a lab coat if you must.
- Solid colors, any color other than white is fine. SEE DO NOT WEAR...
- White shirt under a jacket is okay
- Some jewelry is okay. SEE DO NOT WEAR...
- Please bring at least TWO outfits

What Not To Wear:

- Solid white shirt
- White socks
- Shiny jewelry, especially for men, as it can become a distraction
- Anything plaid
- Bold strips, vertical or horizontal (this is okay for a tie)

Appearance Do's:

- Fix your hair. We will *touch up* when you arrive.
- For women, apply make-up in normal levels, we will touch up
- For women, please bring a small supply of your own make-up; so we can be sure to match your color
- Again, come as you wish to be seen

Appearance Don'ts:

- Wear anything that will make your hair very shiny
- Over apply make-up
- Shave you face right before coming (to avoid any redness)
- Over analyze small imperfections, we can fix it, that's what make-up is for

What to send BEFORE you arrive to the set:

- Your topic of choice
- A general outline of what you would like to discuss about the topic
- Any stills or photos you would like to directly reference during the discussion

What to bring when you arrive to the set:

- Any props, photos, books, etc, that you would like to use on the set

- Any photos you may leave with us for a day or two

General Notes:

Our main goal is to have you relaxed and comfortable. This is not a presentation, nor is it a local news/talk show. We want you to be yourself. It is our job to make you look and sound good; so relax and lets make a little TV.

- ❖ Snacks and beverages such as coffee and juice will be available.