

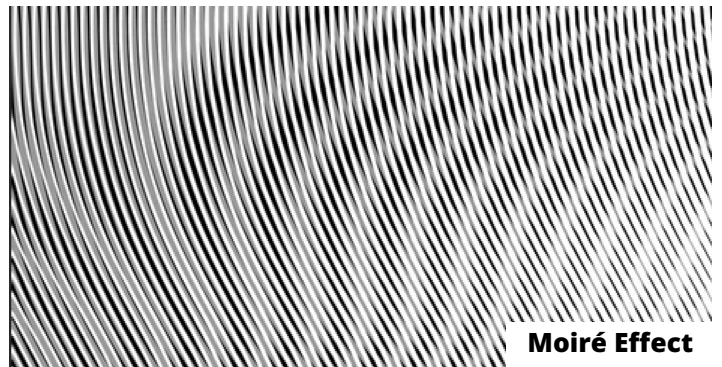
## GREEN SCREEN GUIDE

### STYLE

Whatever you feel represents your brand is what you should wear. While it's not required, we do request the ladies not to wear a dress as it's harder to hide the microphones.

### PATTERNS

We discourage anything with highly contrasting or "tight" patterns, this includes ties and fashionable scarves. Stripes are fine, however the softer and wider the stripe the better. Tight patterns can result in something called the "moiré effect" which can be disturbing on camera.



**Moiré Effect**

### FABRICS

Avoid shiny clothes; ties, suits, blazers, etc. These can pick up the cast of the studio lights and cause some "spill". Guys, a dark suit and blue shirt are best.

**TIP:** Ladies, avoid solid black if possible or all white patterns. White works well for a shirt under a jacket, off-white or grey are also good alternatives.

### JEWELRY

We know you love your bling. Too much however causes issues. First being with audio. Many of us have the tendency to move our bodies and hands when we talk, in fact we encourage you to move as it's more engaging. The dangling hoop bracelets, big hoop earrings, chains or anything loose can and will usually get picked up by our microphones. When it comes to jewelry, less is truly more.

### HAIR

Try to keep it as flat as possible and avoid puffy styling as it could result in green screen challenges.

## REST

We cannot emphasize this enough. If you're new to video, the day could be stressful as it is, so be ready to deal with it. Rest. Avoid too much caffeine.

## GLASSES

Glasses, especially very strong ones, can play havoc in the green room. Different lights used to light the green screen area or on the camera can be reflected off the lenses in glasses. It's also possible for glasses to reflect green from the green screen, so wherever possible you should swap your glasses for contact lenses during filming.

## COLOR

**PLEASE DON'T WEAR ANYTHING GREEN** or even with a hint of green.



## Get in touch

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