

Residency Interview Dress Guide

Wear a suit.

Color: Dark colored suit. Black, charcoal/dark grey, or navy blue. A light, barely-visible pinstripe is acceptable.

Fit: Make sure it is tailored and single breasted.

Shirt:

- Solid colored shirt. Make sure it is a suit shirt (no buttons on collar.)
- Light blue, or other pastel shades are acceptable.
- Conservative blouses are okay too.

Your belt should match your shoes.

Skirt and pant suits are both acceptable. If you wear a skirt suit, make sure it hits at your knee cap and is not too short. Also be sure to wear hose if you wear a skirt suit.

Shoes

Oxfords (lace up shoes) would be the most conservative. Loafers are acceptable.

Closed-toe pumps (less than 3-in. heels). Patent leather or regular leather acceptable.

- **Color:** Depends on suit color. Black with a black suit. Black or dark brown with a navy suit. Black with a charcoal suit. Black or dark brown with a grey suit. Make sure they are polished.
- **Fit:** You'll be walking a lot, so make sure your shoes are comfortable. If new, be sure to break them in and "scuff up" the bottoms so you don't slip.

Ties

Make sure your tie is the proper length.

Color: Neutral, mellow colored tie with a light pattern would be considered the most conservative. Think blues, greens, purples. Avoid: Power colors or "fun" ties (ex. alma mater logo tie).

Notes: Bow ties are acceptable. Pocket squares could be too much, unless done in an extremely tasteful and conservative way.

Socks and hose

Wear suit socks or hose if you are wearing a skirt.

Color: Depends on suit color. Socks should either match or be in the same "color family" as your suit. Patterned socks—striped, dotted, argyle, etc.—are acceptable.

Avoid: No white socks! And no "fun" socks (ex. alma mater logo socks, caduceus patterned, "doctor" socks.)

Hair

Should be out of your eyes and well-groomed. Low pony-tails, buns, barrettes and headbands are acceptable.

Notes: Don't over-style your hair (could appear high-maintenance). If you tend to mess with your hair, particularly in anxious situations, pull it back so you don't mess with it.

Facial Hair. Acceptable as long as it is trimmed, neat and professional.

Nails

Should be short and well-groomed.

For the most conservative standard, nail polish should not be darker than your suit. Light pink, nude, neutral nail polish colors, and French-manicures are all okay.

Jewelry

Watches: Dress watches are perfectly fine. Might keep an Apple watch or FitBit at the hotel.

Ring(s): Wedding ring is perfectly fine, but a school ring is marginal.

Necklace: Ok to wear if not seen. Bracelet or earring(s)

Cuff links: Acceptable—can be a subtle way to dress up and show personality.

Tie clip: Acceptable if subtle.

Handbag

Small-medium sized, solid colored satchel or professional clutch. Color: Neutral colors or black are most conservative.

Makeup

Should be conservative; should appear “natural” and polished.

Avoid: Heavy eyeliner. Heavy eyeshadow. (No “smoky” eyes). Statement lipstick. Strong or overpowering perfume.

Other Random Things.

Be sure to brush and floss your teeth. Carry mints or breath freshening strips with you (just make sure mints do not make noise when you walk).

Avoid strong or overpowering cologne.

Of course, make sure everything is ironed. Make sure you plan for time the night before to iron and hang-up your interview outfit before you go to bed.

Interview Dinner/Night Before Dinner. If not specified, business casual is safest (think ICM/clinic appropriate clothing). It is always better to be overdressed, than underdressed. Also, consider the setting. If meeting at a bar or a casual restaurant dress jeans, a patterned button down, and blazer would be okay. If meeting at a nice restaurant or at the program it might be best to avoid denim and wear a tie.