

Dress Codes *in a* Virtual World



A few things to note...



1

This Dress Code is Gender-less

Wear what makes you comfortable, confident, and most like yourself.

2

Dress for YOU

Above all, you should dress for yourself and no one else. This dress code is a guide to help you decide what to wear to COHOSA Events, not to punish those who fall outside it.

3

We get it...

When you're learning or working from your couch, bed, or dining room table, dress code is the last thing on your mind. Take what you need from this dress code and leave what you don't.

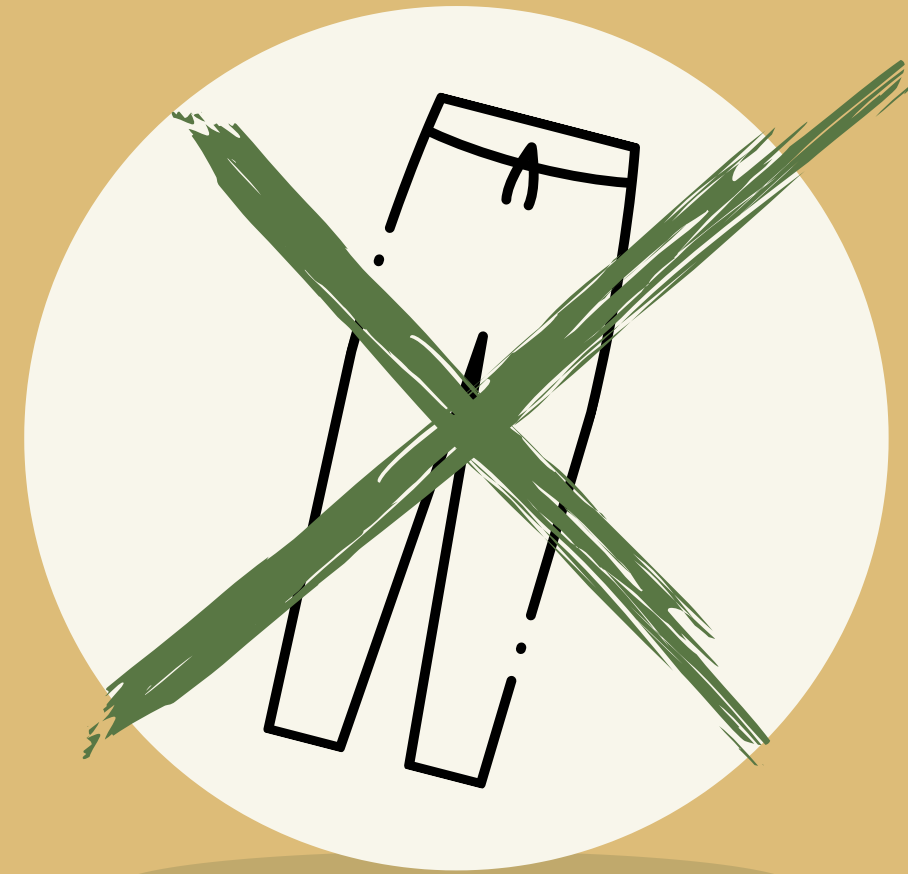
A dress code?
For online events?!



To pants or not to pants...



**Team
Pants!**

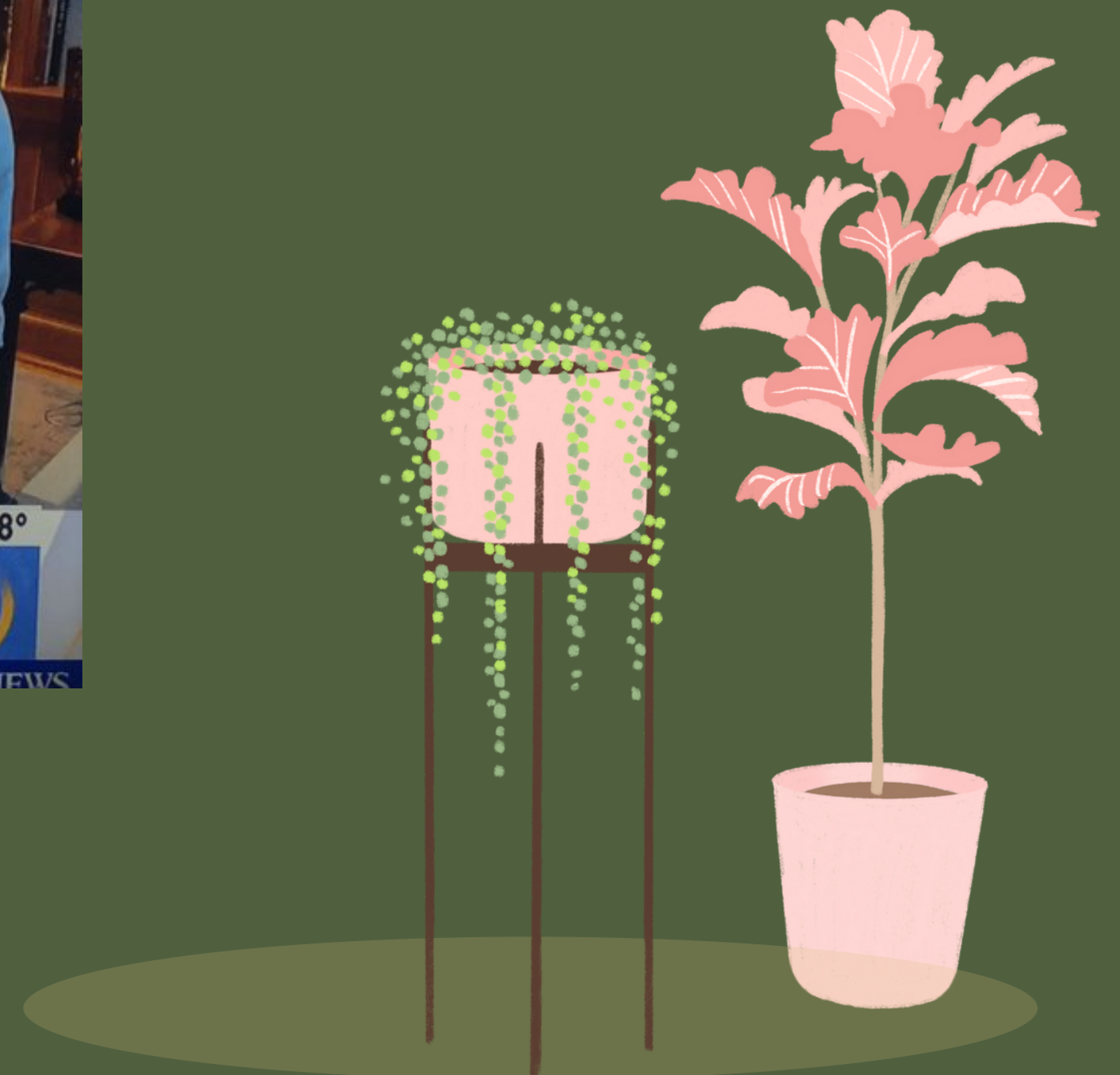


**No Pants,
No Problem**





KEY TAKEAWAY-
Go pantsless at your own risk.



What do we mean by...

'Professional' Sweatpants?

Clean, comfortable and appropriate pants typically without patterns or graphics.

Includes:

- Joggers
- Palazzo Pants
- Leggings
- Athletic Shorts
- Sweatpants



'Professional' T-shirts?

Appropriate, casual shirts that are clean, professional, and comfortable enough to be worn all day. School appropriate patterns, designs, and graphics are okay.

Includes:

- T-Shirts
- Long-Sleeved Tees



Think one step above PJ's and one step below jeans.

Virtual Work

Purpose

Break out the PJs and sweats! This 'dress code' is for those days when you're working independently from your home. The goal is comfort above all else.

Applicable Events

- Working/learning from home
- Competitive Event Testing
- Virtual events at which you will not be asked to turn your camera on.



Tops

Anything Goes!

Bottoms

Anything Goes!

Extras

Anything Goes!

Virtual Casual

Purpose

If you have gotten used to working or learning from home, this is probably your uniform. With Virtual Casual dress, you can prioritize your own comfort while also being prepared for a virtual meeting or event.

Applicable Events

- Social Events
- Service Projects
- Informal Chapter Meetings
- Webinars/ Presentations (where you will not be speaking)



Tops

Examples:

- Professional t-shirts
- Casual tops, shirts, and blouses
- Sweatshirts, sweaters and cardigans

Remember:

- Be mindful of slogans, graphics, and patterns

Bottoms

Examples:

- 'Professional' Sweatpants
- Jeans or chinos
- Shorts

Extras

- Shoes are always optional in a virtual environment.
- In a public space? Make sure to mask up!
- Be mindful of your hair/ headwear! It doesn't have to be perfect, but neat and groomed is professional.

Hair is neat
and groomed

Nice, casual and school-
appropriate top

School-appropriate t-
shirt. Be mindful of
slogans, graphics and
patterns

Clean, appropriate
sweatpants without
patterns

Team Pants

Shoes are
always optional



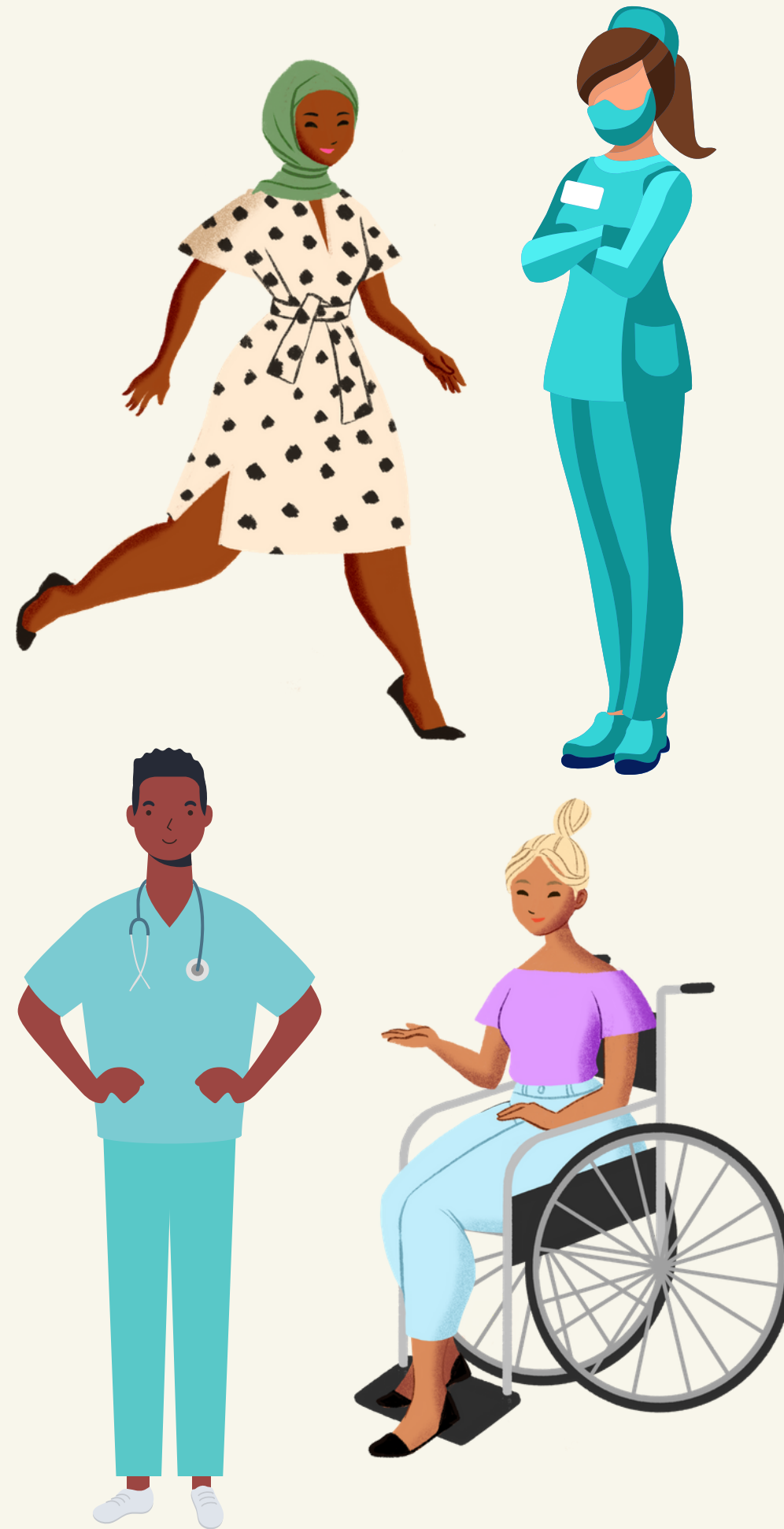
Virtual Business Professional

Purpose

Despite being in the midst of a global pandemic, the world still turns and we all still have responsibilities. Responsibilities like class presentations, important meetings with your boss, or even a virtual job interview. Virtual Business Casual gives you a chance to dress to impress while also keeping those comforts that come along with working from home.

Applicable Events

- Formal or Important Meetings
- Virtual Interviews
- Webinars/ Presentations (where you will be speaking)



Tops

Examples:

- Blouses
- Button-Down Shirts
- Sweaters
- Jackets/ Blazers
- Professional Dresses
- Scrub Tops
- Lab Coats
- EMS Uniform Tops

Bottoms

Examples:

- 'Professional' Sweatpants
- Nice Jeans (clean, no rips or tears)
- Chinos/ Slacks
- Professional Skirts
- EMS Pants
- Scrub Pants/ Skirts

Extras

- Be mindful of your hair/ headwear! Make sure it is as neat as it would be going into an in-person interview
- In a public space? Make sure to mask up!
- Shoes are always optional in a virtual environment.

Dresses are ok, just
make sure it's comfortable
enough to wear
throughout the day

Dressed to
Impress

Industry-specific
business-wear

Shoes are optional.

If shoes give you that
extra confidence boost,
wear them!





Thank You! Questions?

Send any questions you have about this
dress code to State Advisor, Bailee
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