

# CHEAT SHEET



clothes for every

# OCCASION



# Clothes for Every Occasion Cheat Sheet

*NOTE: This Cheat Sheet contains the key points from the "Clothes for Every Occasion" Featured Video. Please watch the video first.*

## **Going Shopping:**

- You need to be comfortable and easily be able to slip in and out of clothes between changes.
- Wear a t-shirt or tank top with jeans or pants.
- **Keep jewelry minimal, and be sure it's not a style that's going to get in the way while you change.**
- Wear comfortable shoes like flats or lightweight tennis shoes.
- Since this look can be too plain, be sure to create some interesting accents like shoes in an eye-catching color, a cute handbag, or a statement belt to add a little personality to your outfit.

## **Casual Lunch with Friends:**

- Wear a simple dress or knit top with a mid-length full skirt and nip the waist with a belt.
- If you want to wear heels, keep them under 2 1/2".
  - Anything higher than that is too formal for the daytime.
- It can get chilly in restaurants, so don't forget to bring a feminine cardigan or wrap.

## **Going to Appointments:**

- If you are going for treatments where you'll have to remove your clothes (like doctor appointments or hair removal appointments), wear a comfy knit top and casual bottom.
- If you want to dress things up a bit, go for a higher heel and wear a blazer or sweater.
- For hair appointments, you should dress in a way that shows the hairdresser a good example of your typical style.

## **Attending TG Support Group Meetings and Conferences:**

- You have a choice here to dress the way you want to express yourself: either casually or semi-formally.
- The main thing is to look your best, generate respect, and project a positive self-image among your peers.

## **Going to Bars and Nightclubs:**

- Be careful not to cross the line from sexy to slutty.
- One or two sexy details will do – and keep the rest toned down.

## **Festive Events:**

- This includes events like holiday parties and daytime weddings.
- You want to look festive without being too formal.
- A dress that falls at or just above or below the knee in a great color is all you need.
- This is also a great occasion to wear your little black dress, and add color through a luxurious shawl or striking jewelry.

- A skirt or pant with a festive or embellished top or jacket is also a great idea.

### **Formal Events:**

- Your biggest choice for formal events is whether to go long or short.
- Cocktail dresses are more contemporary and youthful looking than traditional gowns.
  - If you do wear a short dress, make it as elegant as possible.
- If you decide to wear a gown, make sure you avoid looking too **"costumey" or "pageanty" with gawdy over-the-top** details on your dress.
  - Look for elegant colors and fabrics with just the right touch of embellishment, or keep the dress simple and luxurious but paired with sumptuous jewelry.

A word on shoes:

- It is very important to wear dress shoes to formal events.
- Satin shoes are the most formal (more formal than leather).

- Formal sandals and pumps should be very feminine with thin straps and thin heels.

### **Going to Work:**

- Don't wear anything that's too skimpy or revealing.
- If you don't need to wear a suit, a skirt/pant and blouse combo with a jacket is a great way to go.
- Professional environments usually call for closed-toe pumps, but your workplace may allow for a peep-toe.
- Avoid sandals, slippers or mules that reveal too much feet or toes.

### **Going to School:**

- You want to be comfortable without looking sloppy.
- Jeans paired with a knit top and a jacket or sweater is a classic look for school.
- Use a stylish tote or satchel to carry your school items instead of a dumpy backpack.