Guidelines for Professional Dress  
By The Balance Careers on October 17, 2018

Whether you’re a woman who steers clear of overtly feminine apparel, a man who prefers a more gender-neutral look, or a non-gender-conforming or transgender person, you’ll be able to dress for success without a problem.

The key is to find clothing that fits you properly and looks polished and professional. That’s true regardless of what you opt to wear. Ideally, all you have to worry about is fulfilling those three categories. Here’s what that means:

- Clothes should not be too large or small, tight or baggy. (Suggestions for androgynous business clothing sources are below, but also consider visiting a tailor if necessary.)
- As well as fitting properly, clothing should be clean and wrinkle-free.
- When in doubt, neutral colors—such as black, taupe, beige, brown, blue, and gray—are good options.

If you’ve never felt comfortable in a dress, you shouldn’t force yourself to wear one to an interview. Confidence is key during an interview, and it’s hard to be confident when you’re feeling uncomfortable in your clothing. Ideally, wear clothing that makes you feel confident. If you are interviewing or networking in a conservative, corporate environment, you may consciously choose to dress in gender normative attire. For organizations that are more liberal, and particularly those that have shown they are LGBTQ-inclusive, you may feel comfortable wearing clothes typically associated with the gender with which you identify. Or you may choose to dress in gender-neutral or androgynous clothing.

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