

## Female Uniform Standards



Your image is very important while looking for a job and after you are hired or contracted. Often, you are the first company representative the clients (passengers) will interact with, so how you present yourself will have a lasting impression.

Many flight operations have established uniform standards and guidelines and/or provide uniforms for employees. Independent contractors typically are given compliance guidelines (suit or dress color, blouse or dress shirt color, style of attire (females: slacks or skirt, type of heels, jackets, sweaters, etc.) to provide consistency in the crew's appearance.

If you have not been provided with any guidelines, it is recommended to always lean towards the conservative side, rather than the high-fashionable side. A classic dark colored suit is always a winner.

Your most important purchase will be a suit of quality. However, it doesn't have to be expensive ... just look expensive. Remember, even though this is a business suit, it's still a "uniform" and stains, spills and tears can happen. The keys are high quality fabric and comfort.



## Suits and Dresses

For autumn, winter and spring, wool is still the best choice. For summer, cotton and linen are good choices especially if blended with a small amount of stretchy fabric. Tropical weight wool is another option.

### Color

Choose Black, Navy Blue or Charcoal as these colors are perceived as a sign of professionalism.

It's recommended to have a suit that includes matching pants and skirt. If wearing a skirt, hem lengths should be close to the knee and should not be too tight. Flight department policies vary on preference of skirts versus pants. Be prepared!

Have your suit professionally fitted. Choose suits with jackets, pants, and skirts that are appropriate for your body type.



## Jackets

Long jackets that cover the hips are flattering for most women. Again, jackets should be conservative and rather plain in pattern and color. Having several jackets is helpful so you can mix and match with coordinated pieces in your wardrobe.

## Shirts and Blouses

Your blouse should be made of cotton or washable silk and complement you as well as the outfits you are wearing. Wrinkle free blouses are excellent for travel. Blouses made of transparent material are inappropriate.

Microfiber is a new cutting edge fabric that looks great. Avoid synthetic material such as polyester or rayon as they don't breathe and may cause you to perspire excessively in hot, humid climates. Collars can be varied. Coordinate your blouse color with your suit color and choose opaque materials for business shirts. Never wear sleeveless or capped sleeved blouses on the aircraft.



## Hosiery

Stockings and pantyhose are both appropriate in the workplace as long as they match your clothes and they are not heavily patterned.

Never wear them with a run or hole in them. This will cheapen your look and give the impression that you are sloppy and not detail oriented. The aircraft is a very hostile environment for hosiery, always carry a spare readily available to change into at a moment's notice.

## Underwear

Underwear should be worn but never seen. For overseas flying it is best to stay with more durable, natural fabrics. The finer fabrics such as silk and satin will not hold up from frequent washings.

## Shoes

Shoes should be in plain colored leather and match your suit. In a business environment it is strongly advised to keep shoes functional, attractive, clean and shined. Keep a black permanent marker with you to touch up scuffed shoes.

Low-heeled pumps or flats are suitable for work on or off the aircraft. Heels can be as high as an inch and a half or two inches, but much higher than that looks unprofessional. Open toed shoes and mules are inappropriate in conservative business environments.

## Handbags

Handbags should be large enough to carry all of your personal items. Leather is sturdier and will tolerate a lot more weight. An adjustable shoulder strap will come in handy when you juggle passport, visas, and luggage at an airport check-in counter.

## Scarves

Scarves are the greatest fashion accessory. By learning how to twist, tie and drape them you can enhance any outfit with a professional polished look. This is where you can add that splash of color.

## Jewelry

Don't travel with expensive pieces. Less is more in this case. Jewelry should be worn in moderate amounts and should not attract too much attention. Keep it simple and understated. Large, dangly pieces can actually pose a safety risk by causing injury to you. Only one earring per ear is acceptable. Pearls always present a professional and polished alternative.

A good idea is to wear a watch. One of the most frequently asked questions by your passengers is, "What time is it?"

Any visible body piercings should be removed!

Nose rings or eyebrow piercings are never recommended. Be conservative!

### ***Jewelry Rule of Five:***

*Your earrings, bracelets and necklace should total  
no more than five pieces - combined!*

## Hair

Hair should be clean and styled in a manner that allows you be able to do your hair yourself. Work with your hair stylist and pick a style that is easy to maintain. As a flight attendant you will encounter situations where you may not have access to electricity or other such necessities of everyday life.

If your hair is long you will have to wear it up at work and off your face.

## Nails

Nails should be natural, not too long, and polished with a neutral color. Acrylic nails are not recommended for corporate flight attendants because of your food sanitation responsibilities. Acrylic nails can harbor mold and bacteria no matter how many times you wash your hands. It makes more sense anyway, to have nails that are easily kept.

## Makeup

Makeup should be simple and sophisticated. If you are not comfortable applying makeup most department stores will give you a makeover for free. Soft colors are the best and make sure you apply a good moisturizer as the aircraft cabin air can be extremely drying.

You should wear some foundation, eye shadow, eyeliner and mascara, blush and lipstick.

## Personal Hygiene

Your teeth should be white and without any visible defects. A bright smile can overcome many obstacles. If you have missing or chipped teeth you will have to have them repaired to find work in this field.

- It is imperative that you are clean and neat
- You must shower everyday and wash your hair
- Use deodorant always
- Perfume and colognes are not recommended to be used during your flight. Passengers and fellow crewmembers could find the aroma offensive or worse, be allergic!

Tattoos should not be visible.