

# WHAT TO WEAR

BY ALLISON RAGSDALE PHOTOGRAPHY





# What to Wear

## A Guide For High School Senior Portraits

Whether your mother is forcing you to do this or you're genuinely excited to make your debut in front of the camera (or maybe you're somewhere in between), we want to make sure your photo shoot is fun, comfortable, and something positive that you'll remember.





# General Don'ts & Their Solutions

## WRINKLED CLOTHES.

Using the nicest adjective possible, wearing a wrinkled shirt, jacket, or pants is sloppy. Even if you've slept past three alarms, you're 5 minutes late and perfecting your multitasking skills by eating while driving to the shoot; you can still make it appear as if you had 3 hours that morning to iron your shirt

## BUSY PATTERNS.

The focus of the photo should be you – not the plaid shorts/stripped shirt combination you thought might be a good idea. In general, it's a good rule of thumb to avoid patterns like plaid or stripes for photos but if you love a certain pattern – say the checkered collared shirt you have hanging up in the back of your closet – it's best to pair that with a solid, neutral color.

## CARGO ANYTHING.

Can we all please agree that the only time cargo pants or shorts are necessary, is when you're actually working and need that amount of conveniently located pockets? Baggy shorts that are below the knee or tight shorts that reveal a little too much thigh wouldn't be the best outfit to show up in.

## SANDALS AND SNEAKERS

We love sandals. When we're at home and not expected to be in public. Just kidding – sandals aren't that atrocious but if you wear socks with your sandals, we might be upset. Make sure to clean your sneakers too, especially if those are the shoes that go with your outfit of choice.

---



# General Do's

## SOLID = CLASSIC

There is just something so timeless about a guy wearing dark washed jeans and a clean, solid shirt. We feel as if we need to be very clear though... it needs to be a t-shirt WITH SLEEVES. If the sleeves are absent, that's a different look and one we can't really condone. Sleeves are friends



## LAYERS

Depending on the season, it might make more sense to incorporate layers in your outfit. There is a fine line between looking dapper and not being able to pose comfortably, because you can't put your arms down. Refer to the style page of this guide to learn how to correctly create layers!

## JEWELRY

It's 2016 and boys can wear whatever they want! There is however, still a point where it gets to be too much and too distracting. If you're going for the business casual look, roll up your sleeves just a bit, to reveal your watch.

## BOW TIES ARE COOL

The power of a bow tie or even a properly tied tie is surprising. How can a piece of fabric tied in an elegant fashion have such an effect? Magic. Ok – we might be making it seem a little more dramatic than it really is, but trust us. Adding this small accessory will make you look pretty darn handsome.

## MATCH

We want to capture you looking your best – but if the focus of the picture is on all of your mismatched clothing items, your handsome face is lost in the sea of patterns. Matching your shoes to your belt is a great and easy first step. They don't have to be the exact same shade, but close.





# How To Determine Your Body Type

Ah, yes boys - figuring out your body type isn't just for ladies! Knowing your body type is not as daunting as you might think and huge help when you're trying to figure out what to wear. We know that the body types we explain won't match up exactly – the beauty of being a human being is everyone is different – but we hope these will at least give you a general idea.





# How to Determine Your Body Type, Continued

## SKINNY

If you have a “skinny” body type, you’ve noticed that you have very lean muscle mass and you find it hard to gain weight, no matter how often you eat. You can thank your fast metabolism for that and trust us, you’ll be thankful when you can still eat whatever you want, but your more “muscular” friends are all on strict diets.

- The trick for dressing a skinny bod is to not wear “second-skin” thin shirts but also not choosing something that will completely drown you in fabric. What to look for:
  - o Button down shirts that fit your shoulders and fall a little looser from the top.
  - o Straight leg jeans as opposed to skinny jeans, and jeans with a classic or lighter wash, as dark wash jeans create a slimming illusion.
  - o Layer like boss: choose chunkier knit sweaters or tailored jackets.

## MORE MUSCULAR

You’re nickname might be Mr. Muscles or you have a hard time finding a shirt that doesn’t make it look like you bought it at Baby Gap. Either way, you have more defined muscles and a rectangular shaped body and you have no problem gaining muscle or fat.

- Keep in mind that you already have an intimidating stature, so you’ll want to choose items that don’t add to the intimidation factor. Avoid skinny/slim fit jeans and pants and try straight cut styles instead. To find shirts that fit, you should be able to fit a finger between your neck and the collar of your shirt. There shouldn’t be any tightness of fabric across your chest/shoulders/upper back.

## MORE TO LOVE

You have a more “stocky” build and tend to be a little softer and rounder than your friend who does his laundry on his washboard abs. You gain muscle and fat just as easily but your muscles just aren’t as defined.

- Try wearing: Vertical stripes, jackets with structured shoulders, crew neck tees – really any stiffer, solid fabric that compliments your body type. Avoid wearing fitted polo shirts, bright colors and busy patterns, horizontal stripes and boots – especially if you’re on the shorter side.

# How To Determine Your Skin Tone

Something you probably never thought you would need to care about – determining your skin tone. It's not just for ladies – figuring out your skin tone allows you to pick colors that look best on you. Luckily, there are a couple of tricks to figuring out what your skin tone is. There are three categories of undertones that affect your skin tone: cool, warm, and neutral.

- Wrist Check. Take a look at the veins on your wrist. Do they appear more blue or green? If you're seeing a green tint, you can thank the melanin that's in your skin. This means your skin tone has a distinct yellow tone to it, creating a more "warm" appearance. If your veins appear blue and everyone can tell when you're blushing, most likely you have cool undertones. With cool undertones, you're more susceptible to getting sunburned, which means you has less melanin, placing you in the category of fair skin. (Science)  
Which leads us to our next test.



- The sunshine test. Are you the friend who can stand outside for 5 minutes and come back inside looking like you've spent a week on a tropical vacation? Chances are, you have yellow to olive toned skin, also classified as "warm". If you're the friend who gets fried like a lobster, more than likely you're in the "cool" category.

- Gold or silver? The jewelry test is one other option to determine skins dominant undertone. Silver is considered a metal that pairs well and highlights cool undertones while gold compliments those with warmer undertones. Ask your best girl friend to help you in your pursuit for understanding your skin tone







# Dress For Your Skin Tone



## NEUTRAL

Neutral skin tones tend to be the most common, so it's fairly easy to find colors that look great on you. Your typical go-to shade could be dark navy with whites or tans. If you're feeling bold and want some color in your photo, try green.

## WARM

Warm skin tones tend to be most complimented by darker hues. Any color that you could really associate with fall – dark reds, burnt orange, etc. should be your go-to colors.

## COOL

If you're dressing for a cool skin tone, try choosing shirts that have a lighter, almost pastel hue to them. Light blues, greens, purple even! Got blue eyes? Pastel blue will be your best friend.





DURANGO

65

Wilson

# Styles, Explained

This is your chance to dress exactly how you view yourself – whether that is business casual, classic, or atheltic – we welcome your true personality. Have an idea but not exactly sure what you'd call it? These are some of the most popular styles, explained.



## BUSINESS CASUAL.

There are a few ways to pull off business casual. The typical go-to includes a nice shirt, like a polo or button up, rolled up sleeves, and nice jeans or beige pants. Choose a pair of shoes like Sperry's or Tom's Brogue lace-ups.

## DRESS TO IMPRESS.

You enjoy staying up to date on what to wear and you make it all look effortless. Are you the James Dean of your generation? You work hard to wear labels that matter to you and a watch, like a Nixon or Citizen, usually accompanies your outfit. Tailored jackets, lighter toned shirts, and dark washed jeans are your jam.



# Styles, Continued



## EUROPEAN.

You might have been born on American soil but your spirit animal is a nicely dressed British gent, across the sea. Your clothes tend to be tighter cut and you probably own a high number of cotton blazers. If you don't know what a cotton blazer is, this is probably not your style. If you show up in dress socks, we'll make sure to have tea ready.

## ATHLETIC.

There's a strong possibility that you don't own anything besides Nike, UnderArmor, and your jock jacket. But don't worry! That's a style in it's own right. You'll want to dress up your jacket a bit but all you really need is a nice pair of jeans to do that. Sneakers make the most sense to pair with anything you probably choose to wear up top so just make sure your sneakers are clean!





Allison Ragsdale  
PHOTOGRAPHY

2877 Main Ave  
Durango CO 81301  
970-259-9255  
[info@allisonragsdalephotography.com](mailto:info@allisonragsdalephotography.com)  
[www.AllisonRagsdalePhotography.com](http://www.AllisonRagsdalePhotography.com)