✅ Green Screen Studio Preparation Tip Sheet

Welcome to your On-Site Studio! To get the best results from your green screen video recording, please have your interviewees try to follow these guidelines:

📹 What to Wear

- **Solid Colors:** Stick to neutral tones like blue, gray, beige, or pastels.
- **Professional, Clean Clothing:** Neat, wrinkle-free clothes appear best on camera.
- **Subtle Patterns (If Any):** Fine pinstripes or small prints are okay, but solid is safer.
- **Matte Fabrics:** Choose non-shiny materials to avoid glare or unwanted reflections.

🚫 What NOT to Wear

- **Avoid Green Clothing:** Any shade of green could be removed by the green screen software and make you invisible or “cut out” in those areas.
- **Avoid White or Very Light Gray, if possible:** These can reflect light and may cause glow or exposure issues.
- **Busy Patterns or Stripes:** These can cause moiré effects on camera.
- **Logos or Text:** Unless it's intentional for branding, avoid visible text that may distract or become outdated.
- **Reflective Accessories:** Jewelry, glasses with glare, or anything shiny can interfere with lighting or post-production.

🕺 Movement & Behavior

- Avoid fast or exaggerated movements, which may blur or interfere with green screen tracking.
- Don’t wear props or accessories that swing or move unpredictably (e.g., scarves, earrings).
- Stay aware of body position — sudden leaning or large arm gestures may go outside the green area.

📦 Bonus Tip

- **Ask the Studio Team:** When in doubt, check with the team before your session — they can help you choose the right outfit or style.