

WHAT TO WEAR

HOW TO PACK FOR YOUR INTERNSHIP

Don't Stress

While what to pack may be a major concern now, by the end of their program most students say their instincts were correct. Just read our tips and include everything on our list and you'll be all set for dress success!

WEATHER | INDUSTRY | COMFORT



FACTORS TO CONSIDER

WEATHER

British weather is highly unpredictable and rain is always an option, so bring clothes you can layer and adjust to conditions which may change several times between breakfast, lunch, and tea. Your umbrella is an everyday essential.



INDUSTRY

Whilst most Londoners wear business casual, the industry and work culture of your particular placement will determine many aspects of your internship, including working hours, management style, and formality in addition to dress. Here are some general guidelines:



Sustainability, Political Campaigns, or Hands-On Placements:

Certain placements may have you out around the city or working with children. There are still likely to be meetings or other occasions to dress business casual.



Finance, Business, Politics, or Law:

Attire may be more formal some days or every day. You will need at least one full suit, but nice slacks/skirt with a collared shirt may be sufficient.

Arts, Education, Communications, Charities, or Start-Ups:

Expect business casual, e.g. a nice shirt or sweater and pants or skirt. On occasion tidy jeans may be acceptable.

Fashion and Media:

Trends and fashions may be more important than formality. Check out UK fashion on social media, through Pinterest, or plan to pick up some fun pieces in London shops. Designer clothes are definitely NOT required, but you will need to be well put together. Accessorize!

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COMFORT

When you feel comfortable and have confidence in what you are wearing, it is reflected in your attitude and performance. When packing, consider what looks flattering on you and what is appropriate for the work you will be doing.



SHOES



It is important for you to have a pair of formal shoes that are also comfortable and London-minded. Only bring shoes you would be happy to walk in long distances across cobblestoned streets. Boots, loafers, flats, and oxfords in good condition are all appropriate.

HARD TO PREDICT

Interns are sometimes surprised by how casual attire is in the London workplace versus their home country. The working style will be different in many aspects and dress code is only one example. What exactly you'll need to wear each day will vary greatly depending on your exact placement. Plan to dress well for your interview, and then scope out what your co-workers are wearing so you can match when you start.

DON'T WORRY IF YOU DON'T OWN A LOT OF "WORK ATTIRE"

For many students your work attire may not be all that different than your everyday dress. You should also expect that you might need to purchase items once you arrive in London, but there are plenty of great high street stores that aren't too expensive.

YOU MUST BRING AT LEAST ONE BUSINESS FORMAL OUTFIT FOR YOUR INTERVIEW REGARDLESS OF WORK SECTOR

This can also be used for business meetings, conferences, or special events. First impressions count, so you will want to dress your best for the interview. It's better to be overdressed than underdressed for your interview.



WHAT TO PACK FOR YOUR INTERNSHIP

WORKWEAR GUIDELINES: DRESS FOR SUCCESS!

BUSINESS FORMAL

- Dark or neutral-colored plain suit or pinstripe suit
- White or light-colored collared shirt
- Conservative tie
- Cufflinks and leather belt
- Dress shoes and plain socks

- Dark or neutral-colored suit
- White or light-colored collared shirt or blouse
- Skirt at knee-length or pants
- Tights
- Black or neutral-colored closed-toe smart shoes

BUSINESS SMART

- Smart jacket or blazer
- Button-down shirt in plain colors or patterns (no tie required)
- Trousers or chinos
- Boots, oxfords, or loafers

- Colored or patterned blouse
- Bolder jewelry
- Cardigan or casual blazer
- Dress at knee length
- Closed or open-toe smart shoes
- Neat pants or skirt in different color combinations

BUSINESS CASUAL

- Neat t-shirt, casual collared shirt or sweater
- Dark denim, chinos or tailored shorts
- No rips in clothes
- Tasteful sneakers or loafers

- Neat t-shirt, sweater or blouse
- Dark denim jeans. mid-length skirt or shorts
- No rips in clothes
- Tasteful sneakers or boots

