

Yes please	No thank you
Trainers - black, blue, grey or white	Trainers clearly designed for the gym
Boots	Flip-flops
Wedges or block heels	Backless sandals and slides
Sandals with backs	Stilettos
Neutral coloured (black/blue/brown/tan) canvas shoes - i.e. vans/converse	Words, slogans or large logos
Leather/leather look lace-up shoes and pumps	Ripped or faded jeans
Small logos and motifs	Sports wear including joggers and jogger style shorts
Leggings worn as tights	Tops that show shoulders
Dark black and dark blue Jeans	Tracksuits
Skirts (no more than 10cm above the knee)	Any clothing you can see up, through or down
Knee-length shorts	Crop tops
Hareem pants	Vest tops
Dresses (no more than 10cm above the knee)	Zip-up or pullover hoodies
Collared shirts	Caps
Smart t-shirts	Dangly earrings
Stud earrings and nose studs	Nose rings
Jumpers	Do-rags