

For EMR students who don't wear a uniform, it's essential to maintain a professional appearance while being practical and comfortable. Here are some guidelines for an appropriate dress code:

1. Tops

- **Shirts:** No low cut or sleeveless shirts.
- **Layering:** Consider wearing a lightweight jacket or a cardigan, especially for outdoor scenarios.

2. Bottoms

- **Pants:** Choose durable, comfortable pants like khakis, cargo pants, or dark jeans. Avoid ripped or overly casual styles.
- **Shorts:** If the climate permits, knee-length shorts in a neat style can be acceptable.

3. Footwear

- **Shoes:** Wear closed-toe shoes that provide support, like sneakers or sturdy boots. Avoid flip-flops or sandals.
- **Comfort:** Ensure shoes are comfortable for long periods of standing or walking.

4. Accessories

- **Watches:** A wristwatch can be useful for keeping track of time during practical sessions.

5. Hygiene and Grooming

- **Personal Grooming:** Maintain good personal hygiene and grooming. Hair should be clean and neatly styled.
- **Fragrance:** No fragrance to accommodate various sensitivities.

7. Weather Considerations

- Dress appropriately for the weather conditions, layering when necessary and ensuring you have a rain jacket or cold-weather gear if required.

Summary

The key is to balance professionalism, comfort, and practicality, ensuring that you are prepared for classroom learning and hands-on training in various environments.