

# Dress and Grooming Guidelines

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## General

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As an ambassador of the Lord, you are to wear clothing that is consistent with your sacred calling and that will clearly identify you as a missionary of The Church of Jesus Christ of Latter-day Saints. These guidelines contain general standards for your dress and grooming. For dress and grooming information that is specific to the climate and conditions where you will serve, refer to the “Items Specific to Your Mission” section of these guidelines.

## Hair

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Missionaries should always maintain conservative hairstyles. Hair should be relatively short and evenly tapered (as shown). Sideburns should reach no lower than the middle of the ear. Hair should normally be long enough to part and should be combed to the side or the back. Extreme or faddish styles, including bowl cuts, crew cuts, shaved or bleached hair, or wet-look styles, are unacceptable.

## Suits and Slacks

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Suits should be in dark, conservative colors (black, gray, blue, or brown) and should be made of fabric that does not wrinkle easily.

When you are permitted to work without a jacket, you should wear conservative dress slacks that hold a crease and that are in a dark, solid color. In such cases, you should not roll up the sleeves of your shirt.

## The following items are unacceptable:

- *Sport coats and other casual jackets.*
- *Baggy, pegged, or other casual slacks.*
- *Tan or other light-colored slacks.*
- *Casual fabrics, such as denim or cotton twill.*
- *Any local or traditional attire that is not conservative in style.*

## Shirts and Sweaters

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Wear only white shirts that are cut in a neat, conservative style. Shirts should be made of fabric that does not wrinkle easily. Shirts may have either long or short sleeves.

Conservative V-necked sweaters in dark, solid colors may be worn under your suit jacket in cooler climates. They are not to be worn without a jacket.

## Raincoats

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Raincoats must be dark colored and conservative in appearance and style.

## Ties

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Ties should be conservative in color, pattern, width, and length. They should not contain pictures or caricatures.

String or bow ties are unacceptable.

## Shoes, Boots, and Socks

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Shoes should be black, dark brown, or cordovan; conservative in style; and made of material that can be polished. They should always be clean and polished.

To ensure that you choose shoes that fit well, have your feet measured. Length, width, and arch support are important in selecting a shoe. Toes should not touch the end of the shoe, and shoes should not cramp the foot. Shoes should be well-constructed.

### **The following shoe styles are unacceptable:**

- *Shoes made of suede, canvas, or other soft material.*
- *Casual or faddish shoes.*
- *Cowboy boots, hiking boots, or casual boot styles.*

Socks should be a solid, dark color that matches the slacks. A blend of synthetic fabric and cotton or wool is best for absorbing moisture. To avoid crowding that can lead to ingrown toenails, do not wear socks that are tight across the toes.