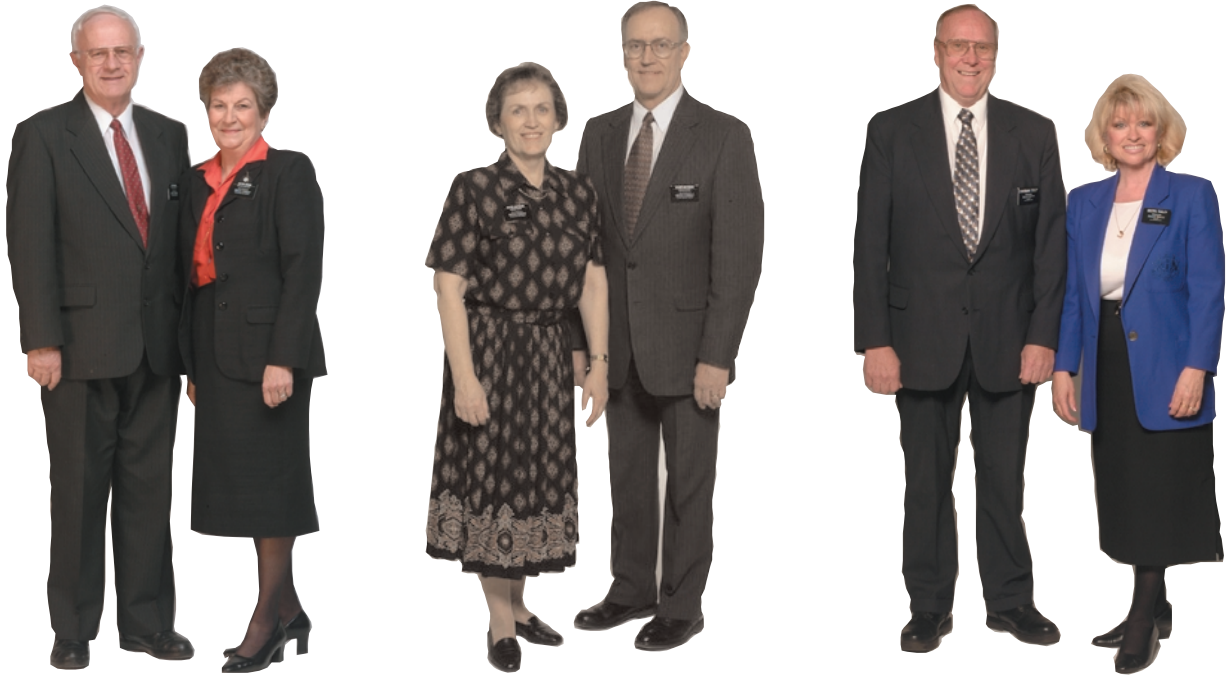


Dress and Grooming Guidelines



General for Sisters

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 for the 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.

Types of Clothes

Because of budget and luggage restrictions and small living quarters, you must plan and purchase your clothing carefully. In general, your outfits should consist of suits, skirt-and-blouse combinations, skirt-and-jacket combinations, conservative dresses, and jumpers that fit well. Do not choose tight-fitting clothing or clothing that will restrict movement. Make sure that your clothing can be easily mixed and matched to create a variety of outfits.

Fabrics and Care

Your clothing should be made of materials that are durable and easy to care for. Fabrics that can be washed by machine or by hand and

that do not wrinkle or fade easily are best. For suits and jackets, a durable weave of cotton, wool, or polyester blends will wear well.

Skirts

Skirts may vary between mid-calf and ankle. Choose skirts or jumpers that fit well and are in primarily solid colors; patterned clothes are often harder to mix and match.

Jackets and Sweaters

Plan carefully so that your jackets, blazers, vests, and sweaters coordinate easily with your skirts and dresses. Tailored styles in solid, conservative colors are preferred. Avoid oversized, bulky, tight-fitting, or multicolored sweaters.

Blouses and Tops

Blouses in solid, light colors with collars or round necklines are preferred. Sleeves may be either long or short. T-shirts, sweatshirts, and golf-style shirts are inappropriate. Be sure to select tops in fabrics that are easily washable and require little ironing.

Raincoats

Raincoats must be dark colored and

conservative in appearance and style.

Shoes

Your shoes should be practical but still dressy. Select shoes with nonslip soles and enough arch support and cushioning to be comfortable all day. Flat-soled shoes or shoes with low heels are preferred. Toes should not touch the end of the shoe, and shoes should not restrict the foot. Avoid boot-style, bulky footwear (unless it is required for winter wear). You may want a more dressy pair of shoes for Sunday meetings.

Underclothing

Choose underclothing that is white or cream colored, durable, comfortable, and modest. Make sure you have slips that match the lengths of your skirts.

Accessories

You may wear modest, conservative jewelry, scarves, and other accessories if they are simple and do not attract undue attention.

Unacceptable Clothing

Do not bring:

- *Clothes that are floor length or above mid-calf, that are baggy or oversized, or that are slit above the knee.*
- *Tight-fitting or sheer clothes.*
- *Sundresses, T-shirts, and sporty clothing.*
- *Denim, leather, or fabrics that are unpressed, crinkled, or easily wrinkled.*
- *Clothes with large designs, motifs, or lettering.*
- *Suede, sporty, or bulky shoes.*
- *Patterned nylons.*

Hair and Makeup

You should always maintain a conservative appearance. The style and length of your hair should be easy to manage and should not call attention to itself. Your makeup should be moderate.