

In Summary
DRESS GUIDELINES
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Purpose: To promote a modest, spiritually and physically healthy environment.
References: 2 *TG* pp. 13-25 5 *Answerer Book*, pp. 34-40; *Testimonies*, Vol. 4 pp. 628-648; *Testimonies*, Vol. 1 pp. 456-466

1. **Women:**
 - a. **Dresses/Skirts** should be NO LESS THAN half-way between the bend of the knees and ankles.
 - b. **Tops** should cover the elbows when arms are bent and not low enough to become immodest when bending
 - c. **Head coverings** are to be worn during prayer and religious services.
 - d. **Pants** are not to be worn except on such occasions and places that would render dresses immodest or dangerous - pants with tunics or culottes are generally recommended.
 - e. Avoid extreme **hairstyles**
 - f. **Make-up** such as rouge, lipstick, eyebrow pencil, mascara, perfume, fingernail polish are inappropriate.
 - g. **Jewelry** is **inappropriate**. **Wrist watches** should be kept inconspicuous.

2. **Men**
 - a. **Sleeveless shirts**, or going shirtless are not appropriate. Long sleeves are to be worn when leading out in religious services.
 - b. **Jewelry**, the same as above.

3. **MEN/WOMEN**
 - a. All should **avoid extravagance or extremes**.
 - b. **Clothing** should not be too tight or revealing
 - c. All should endeavor to maintain **cleanliness** and a **good general appearance**.

Thank You, God bless You.

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