

# Modesty Guidelines

During the trip, we encourage all participants to respect their own bodies and those of others in every sense, including through the way we dress. This effort is rooted in an understanding of each human person's dignity as being created in the image and likeness of God. We strive to call attention to the whole person through our dress and reject things that call attention to particular parts of the person which tend toward the objectification of another human being. We require all children/youth and adults to adhere to our modesty guidelines found below. These guidelines also apply for any "messy" clothes or other activities. Our chaperones/leaders will ask you to change if you are wearing something that violates the guidelines.

## General Rules

- No inappropriate words or pictures on any clothing (i.e., vulgar language, violent, sexual, discriminatory, offensive, or tobacco/vape/e-cigarette/Juul/alcohol promoting content).
- No visible underwear
- No clothing with visible rips, tears, or holes
- No extremely tight clothing
- You must be fully dressed in all common areas (for example: shirts must stay on while playing sports, etc.)

## Tops

- No cleavage-bearing or midriff-bearing shirts. Please make sure your shirt covers your entire stomach and back while sitting and with your arms raised above your head
- Shirts that are transparent (see-through), expose a bare back, halter tops, and tube tops are prohibited
- No tank tops – Short sleeves only. All shirts must also cover your chest and undergarments with nothing visible through armholes

## Bottoms

- Must be worn at the waist (sagging is not allowed)
- No short shorts - All shorts must cover your thighs. Many activities involve bending, running, and sitting. If you place your hands at your sides, your shorts should be at least as long as your fingertips
- No tight pants - Please do not wear tights, leggings, yoga pants, or any style of form-fitting work-out pants unless they are underneath a top or additional bottom piece that reaches your fingertips

## Swimwear

- Please be careful to consider and apply wherever possible these guidelines to the choice of swimwear such that it is not overly revealing or objectifying, while understanding that swimwear by its nature typically offers less coverage and a closer fit than other clothing.

## Mass & Chapel

- Liturgies, any public prayer of the Church, are sacred and require reverence for God and others. Part of this reverence for God and others is found in appropriate dress. Therefore, the following additional guidelines regarding "church" attire apply:
  - Everyone will be expected to remove any hats, bandanas, gum, etc. during any liturgy or prayer time in the chapel
  - While more formal clothes are not required for Mass, nicer clothes for Masses is desirable
  - It is important to follow the particular local customs and protocols, especially during international travel