

## **Dress Code For the Best Week Ever**

As Christian men and women, we must strive to treat our bodies as gifts from God, our bodies are meant to be taken care of and clothed with dignity. Since what we wear reflects in a real way an aspect of who we are, our external modesty will reflect the interior virtue that we are striving to attain. Additionally, wearing professional dress for classes, Mass, and lunch assists students with understanding the value of these activities.

Since modesty is one area that can be challenging for young people, Christendom College endeavors to help its students and program participants by providing the following dress codes. The Modesty Code is always in effect while the Professional Dress Code is in effect only during classes, Mass, and Lunch. **Please note:**

**Men are not allowed to have any visible piercings, and women may only have visible ear piercings.**

### **Modesty Code for Men:**

No tight shirts or muscle tees

Belts must be worn if pants tend to ride too low

Shirts must be worn at all times except when swimming or engaging in water activities

No ripped or holey clothing

No inappropriate logos or slogans or band names on clothing

### **Modesty Code for Women:**

No tight-fitting or form-fitting shirts or pants

No spaghetti straps: all straps of all dresses and tops must be at least 1 inch thick.

Nothing should be low cut – whether in the front or the back (nothing lower than 1.5 inches below the collar bone)

Shorts must be long enough so that the wearer's fingertips do not go past the hem of the shorts

All skirts or dresses must come to the crease at the back of the knee.

Women's swimwear must be a modest one-piece or tankini that covers the midriff and clothing must be worn over the swimsuit when not in the water

No tank tops at any time

No sheer tops either in or out of class

No neck chokers

### **Professional Dress Code for Men (to be worn during Mass, classes, and lunch only):**

- Dress pants with a belt – no patch pockets, cargo pants, jeans, shorts, joggers, etc.
- Dress shoes – no sneakers, flip flops, sandals, etc.
- Dress shirts (button down with collar – any color, long or short sleeved), tucked in
- Dress socks – no athletic socks
- Clothing must be reasonably wrinkle-free and clean
- Undershirt must be worn underneath a white dress shirt
- Necktie or bowtie

### **Professional Dress Code for Women (to be worn during Mass, classes, and lunch only):**

- A professional/business-style dress (this **excludes** more casual dresses such as sundresses, spaghetti-strap, high-low skirts/dresses or maxi dresses).
- Dress skirt or dress pants (no back patch pockets or crop pants) paired with a button-down, collared dress blouse (by this we do not mean “polo-type” shirts or any shirts without buttons going down the entire front of the shirt – and it needs to be worn buttoned up, not open with a t-shirt underneath).
- Maxi skirts are permitted (but maxi dresses are not).
- Dress shoes/sandals (no flip-flops, Birkenstocks, clogs, or athletic-style shoes).