

Friends of Colegio Moriah
Detailed Dress Code
Updated 9/2018

Rationale

As you read the following, please keep in mind these guidelines are intended to fulfill the wishes of our host church, in an effort to respect the culture of our ministry partners in Las Colinas.

Although dress codes and clothing guidelines may seem restrictive, FOCM feels that detailing appropriate dress is necessary for an effective ministry in the Dominican Republic. It is important to know that there are strong cultural connotations to a person's appearance in the Dominican Republic. May we understand the cultural nuances of our appearance, even if we don't entirely agree with them so that we can best serve.

This mentality stems from Paul's teaching in 1 Corinthians 8 (please read). He reminds the Corinthians, and us, that we have a responsibility to build up and watch out for those around us. Accordingly, we must be aware of the ways in which we may cause stumble. Dress and appearance are a distraction from our mission and desire to promote understanding.

Additionally, FOCM cares for the safety of all team members traveling to Colegio Moriah. Some of the apparel guidelines below are directly related to maintaining the safety of team members.

General Clothing Guidelines

Tops

- Short sleeve t-shirts are recommended for day to day activities.
- All tank tops must have straps at least 2 inches wide (please, no spaghetti strap shirts). Be sure that undergarments remain private.
- No t-shirt graphics and/or print that might be offensive or contrary to Christian principles.
- Ladies: blouses should fit well, not too loose and not too tight. Buttons should be buttoned, and the top should not be see through.

Bottoms

- Pants are recommended in the interest of safety (less skin exposure to mosquitoes, reduced the chance of scrapes and cuts, etc.).
- Knee length shorts and skirts (please, no short-shorts, cutoffs, or booty shorts/skirts). - Athletic shorts, capris, yoga pants, etc. should be of appropriate length and loose fitting, but not too loose. Be sure that undergarments remain private.
- Please refrain from wearing bottoms with graphics and/or writing on the butt.

Footwear

- Some type of footwear should be worn at all times when working or walking around, *even in the Colegio Moriah compound.*
- Wear sturdy, closed-toed shoes when leaving the Colegio Moriah compound to avoid injuries. There is often broken glass, trash, sharp objects, etc. on the ground.

Additionally, keep in mind that the DR is very close to the equator. Travelers are encouraged to wear light, airy, and breathable clothing. Furthermore, all travelers are encouraged to bring and wear proper sun protection and insect repellent (hats/visors, sunglasses, sunscreen, bug spray).

Specific Clothing Guidelines

- **Church Services Dress** - Sunday Service is considered a formal gathering in the Dominican Republic. While it is normal in the US to wear jeans to a Sunday Service, this is seen as disrespectful in the DR.
 - Males should always wear long pants to church. Both khakis and dress pants are acceptable. T-shirts are not appropriate for Sunday services. Males should wear a shirt with a collar (polo are okay) and should consider wearing a tie with a button down shirts. Suit jackets are neither expected nor necessary.
 - Females should wear dresses or skirts to church. Blouses, not t-shirts, should be worn with skirts. All church clothing should abide by the modesty policy outlined in the general clothing guidelines.
- **School** - All teachers, as well as students, in the DR, wear uniforms to work. Teachers wear button down shirts (color specific to the school) and black skirts (woman) or pants (men). While FOCM does not require or expect its travelers to dress in this fashion, we do ask that when visiting or teaching at the school travelers dress respectfully. All hats should be removed when entering the classroom.
 - Males should wear either khaki dress pants with a collared shirt.
 - Females should wear dresses or skirts with a blouse.
- **Construction** - Shorts or jeans/work pants are appropriate for construction. Sturdy, closed-toed shoes should be worn at all times. Shirts should **ALWAYS** be left on.
- **Medical** - Team members should always wear sturdy, closed-toed shoes into the field.
 - Medical personnel should wear scrubs when in the field.
 - Non-medical personnel accompanying medical teams should abide by the general clothing guidelines.
- **Beach Trips** - Bathing suits must be modest (no bikinis, monokinis or speedos). Anyone wearing an overly revealing suit will be asked to cover up. Travelers should consider wearing t-shirts and/or gym shorts overtop of swimwear.
 - Females should wear one-piece suits or tankini-style suits that cover the midriff region.

- Males should wear swim trunks that are knee or Bermuda length. Shirts do not have to be left on when at the beach.

Piercings and Tattoos

- Keep all culturally inappropriate tattoos covered if at all possible.
- No scary, violent or vulgar jewelry or piercings.

Remember

1. The DR is very close to the equator. Travelers are encouraged to wear light, airy, and breathable clothing. Clothing can protect from the sun too. Pack your sunscreen and bug repellent.
2. Not all (perhaps not even most) Dominicans and Haitians follow these dress codes. There may even be where we are serving alongside someone who is not. Realize that these are things we've been asked to do by our hosts. As Americans among Haitians and Dominicans, we are on display, so to speak, so what we wear speaks loudly.
3. Please do your best to honor the requests of our hosts — but please don't let it cause tons of stress.
4. If you are uncertain about an article of clothing, ask a leader (not your friends).
5. We are only in the DR for a short time. You can do this!