

Dress and Grooming Guidelines for Sisters

As an ambassador of the Lord, you are to wear professional, conservative clothing that is consistent with your sacred calling and that will clearly identify you as a missionary for The Church of Jesus Christ of Latter-day Saints. Appropriate dress and grooming will help you earn respect and trust. Your appearance is often the first message others receive, and it should support what you say. Never allow your appearance or your behavior to draw attention away from your message or your calling.

“Thou shalt not be proud in thy heart; let all thy garments be plain, and . . . let all things be done in cleanliness before me” (D&C 42:40–41; see also Alma 1:6, 27).

These guidelines contain general standards for your dress and grooming. For additional information see the “Items Specific to Your Mission” section.

Personal Grooming

It is important for you to always look your best, especially at zone conferences, Sunday meetings, and when working with

local leaders. Be neat and clean. Bathe daily and use deodorant. Wash your hair frequently. The style, color, and length of your hair should be attractive and easy to manage and should not call attention to itself. Makeup, hair adornments, and nail polish should also be conservative. Keep your clothes clean, mended, and pressed.

Modesty

Maintain a high standard of modesty. Wear clothing that:

- Is neither too tight nor too loose.
- Is not transparent or revealing in any way, such as sheer, tight, or stretch fabrics.
- Does not draw attention to any part of the body.
- Is not casual, wrinkled, sloppy, or faddish.

You should present a dignified, clean, well-groomed appearance and be feminine and professional in style.



Clothing

Outfits

Because of budget, luggage restrictions, and limited closet space, you should plan and purchase your clothing carefully. Outfits should consist of professional suits, skirts, blouses, jackets, sweaters, and dresses. They should be attractive, colorful, tailored to fit well, and conservative in style.

If leaving your shirt untucked, ensure that the bottom of the shirt presents a tailored, professional appearance. Do not wear T-shirts, sweatshirts, golf-style shirts, casual shirts, or shirts with low necklines. Sleeves should fully cover the shoulder and the upper portion of the arm, including the underarm.

Skirts should cover the top and front of the knee when you are standing or sitting. Slits should not be above the knee when sitting. If you serve in a mission where bicycles are used, choose skirts with sufficient fullness and length for comfort and modesty while biking. Do not wear floor-length skirts, pants, or pantsuits.

Underclothing

Choose bras that are white or cream colored, durable, comfortable, and modest. Make sure you have slips that coordinate with the color and length of your skirts. If riding a bicycle, you may wear spandex shorts under your skirts for modesty. You are not required to wear nylons; however, you may wear nylons or tights, especially in colder weather. If you wear knee-highs, make sure the tops do not show, even when sitting. Do not wear patterned nylons.

Fabrics and Care

Your clothing should be made of materials that are durable and easy to care for. The best fabrics are those that can be washed by machine or by hand and that do not wrinkle or fade easily. For suits and jackets, a durable weave of cotton, wool, or polyester blends will wear well. Do not wear denim, corduroy, leather, or fabrics that wrinkle easily or cannot be pressed.

Shoes

Shoes should be practical, comfortable, and attractive. For safety purposes, wear closed-toe and closed-heel shoes. Flat-soled shoes or shoes with low heels are preferred, unless otherwise authorized by your mission president. You should wear a dressy pair of shoes for Sunday meetings.

Accessories

For safety and security reasons, jewelry and other accessories should be simple and professional. Do not wear more than one earring in each ear. Tattoos, nose rings, other body piercings, or toe rings are not acceptable.

Preparation Day, Service, and Other Activities

Generally, on preparation day you should wear regular missionary clothing in public. However, if this clothing is not appropriate for a specific activity, make sure that you maintain a clean, modest appearance. You may bring one pair of jeans, a few modest T-shirts, modest exercise clothing, a pair of gym shoes, and pajamas.

