Dress and Clothing Guidelines

Manteca Stake Young Women Camp

**WHEN DECIDING WHAT TO BRING TO CAMP, PLEASE CONSIDER:**

**“Treat your body—and others’ bodies—with respect.** As you make decisions about your clothing, hairstyle, and appearance, ask yourself, “Am I honoring my body as a sacred gift from God?” Heavenly Father wants us to see each other for who we really are: not just physical bodies but His beloved children with a divine destiny. Avoid styles that emphasize or draw inappropriate attention to your physical body instead of who you are as a child of God with an eternal future. Let moral cleanliness and love for God guide your choices. Seek counsel from your parents.”

*For the Strength of Youth: A Guide for Making Decisions, page 24*.

**GENERAL CLOTHING GUIDELINES**

* Be neat, clean, modest, and appropriate in your clothing and grooming.
* Avoid being extreme or inappropriately casual in clothing, hairstyle, or behavior.
* Footwear should be appropriate for the activity and worn in all public areas.

“Our clothing expresses who we are. It sends messages about us, and it influences the way we and others act. When we are well groomed and modestly dressed, we can invite the companionship of the Spirit and exercise a good influence on those around us.” ([www.ChurchofJesusChrist.org/Study/Manual/Gospel-Topics/Modesty](http://www.churchofjesuschrist.org/Study/Manual/Gospel-Topics/Modesty))

*Adapted from FSY Conference Packing List*

**FOR HEALTH AND SAFETY**

*SHOES*: For protection and safety, we ask that all camp participants wear closed-toe shoes at camp. Flip flops can be worn while showering. Closed-toed shoes need to be worn everywhere in camp, except in the showers.

*ROPES COURSE*: Safety for our young women is our top priority. Young women are required to wear activewear clothing such as long leggings or jeans that they can move in. No holes or tears are allowed for the safety of the young women and equipment that could potentially get caught. Additionally, shirts for the ropes course need to be more form fitting. No holes, rips or cutouts allowed. We ask young women to prayerfully decide what they feel will best allow them to complete the activity as safely as possible. Shorts will not be allowed for this specific activity.

*HIKING*: Because of ticks commonly found in the area, young women are asked to wear long pants that completely cover the ankles. Closed toed shoes are also required when participating in this activity. Hats and sunscreen are also HIGHLY recommended.

*SWIMMING*: Clothing and closed-toed shoes must be worn to and from the waterfront. A towel wrapped around you is not clothing and flip flops are not closed-toed shoes. A one-piece swimsuit or a long tankini is appropriate swimwear at young women camp.