

Westside Ministries/CENA Dress Guidelines

The goal of the dress code is to look culturally respectable. To be effective in witnessing and ministering to the Honduran people, a very conservative country, you will need to dress in a manner that will not distract or hinder your witness. It is our desire that you have a wonderful experience on the mission field!

Climate for Honduras June, July, and August: 80-100° with high humidity during the day/ 60-80° at night. Rainy season is May – November which means a possibility of rain daily.

MEDICAL/DENTAL MISSION BRIGADE and/or Work Projects

You may only wear shorts while on the CENA property.

MEN:

Non-medical Team Members:

- **Jeans-** (Loose fitting & no holes).
- **Shirts-** (sleeveless shirt, rolled up sleeves, & tank tops are not acceptable)
- **Shoes -** Comfortable

Medical Team Members:

- **Scrubs-** (if V-neck must wear some type of under-shirt.)
- **Shoes-** comfortable

WOMEN:

No suggestive clothing (tight, low-cut or form fitting blouses or dresses, short shorts, or midriff shirts are **not acceptable**)

Non-medical Team Members:

- **Skirt/Dress-** (Below the knees, no sun dresses unless appropriate shirt underneath)
- **Shirt/Blouse** (No tank tops, cut off, cap sleeve, or sleeveless shirts)
- **Shoes-** comfortable
- **Jeans-** loose fitting, or if skinny jeans, wear long top that covers your bottom

Medical Team Members:

- **Scrubs-** (if V-neck must wear some type of under-shirt.)
- **Shoes-** comfortable

CHURCH SERVICE TIME

Women: Dress or skirt below the knees w/ appropriate top

Men: Slacks w/ appropriate shirt

Participant signature of agreement

Date