

# Westside Ministries/CENA

## Dress Code

The goal of the dress code is to look culturally respectable. In order to be effective in witnessing and ministering to the Honduran people you need to be dressed in ways that will not hinder your being acceptable to them.

*Please follow this list as you will be asked to change if any of these guidelines are tested.*

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 possibly of rain every day.

### Brigades/Mission

#### **MEN**

Slacks or Jeans (No Holes)  
Scrubs  
Shirt (Polo, button up, appropriate T-Shirt  
Shoes (Tennis, Comfortable walking shoes)

#### **WOMEN**

Skirt or Dress (Below the Knees)  
Scrubs  
Pants or Jeans (Loose fitting and no holes)  
Shirt (No tank tops, cut off shirts)  
Blouse (Loose fitting)  
No Sleeveless or low necklines  
Shoes (Tennis, Comfortable walking shoes)

### Church Attire

#### **MEN**

Slacks or Jeans (No Holes)  
Shirt (Polo, button up, appropriate T-Shirt  
Shoes (Tennis, Comfortable walking Shoes)

#### **WOMEN**

Skirt or Dress (Below the Knees)  
Shirt (No tank top, cut off shirt)  
Blouse (Loose fitting)  
No Sleeveless or low necklines  
Closed Toe Shoes

## **Ministry Athletic Events**

### **MEN**

Jeans/ Sports Shorts (to the knee)

Appropriate T-Shirts

Tennis Shoes

### **WOMEN**

Jeans/Sports Shorts (to the knee)

Appropriate T-Shirts (Loose fitting)

Tennis Shoes

## **Appropriate T-Shirts**

Appropriate T-shirts for your mission trip will be Westside Ministries/CENA T-shirts or T-shirts that meet the following criteria. Clothing or other items that may be offensive to our Christian testimony are not permitted. This includes screen-printed/decaled items like Hard Rock Café, cigarette and beer advertisements, secular rock groups, rude or suggestive phrases, anything that would be a poor Christian testimony. This also includes those resembling cigarettes, beer or rock groups even if they may be Christian. Remember they cannot read the words that are in English.

## **Clothing Must Be Modest and Neat**

Neither men nor women may tie up the bottom of their shirts to expose the midriff nor can they roll up their sleeves to create a sleeveless shirt.

Please do not bring tight clothes that give the poured-in look.

**Men** are to wear shirts at all times.

Pants/Jeans must be at the waist with no undergarments showing.

No skinny jeans.

Pajama pants to be worn in the area where you sleep.

### **Women**

Women must wear bras. The midriff should not show when bending over or raising your arms. When either standing or bending, you must be modest on top.

All pants/jeans need to touch your ankle.

No skinny jeans.

No leggings or tights.

No sleeveless shirt, blouse, dress or tops (no cap sleeves).

No sheer or see-through skirts or dresses unless worn with a knee-length slip.

No dresses or skirts above the knee – slits cannot go above the knee.

No sun dresses.

No low-cut (front or back) dresses, blouses/T-shirts including V-necks, scoop necks and any deep front cut in which any cleavage shows.

Pajama pants to be worn in the area where you sleep.

The Dress Code includes traveling to and from Honduras. You will be on the mission field during these times as well as when you are in Honduras.

It is our desire that you have many experiences on the mission field. It is our desire that these experiences are positive and uplifting which will enrich your walk with God.

The Dress Code reflects one way we desire to prepare you for these experiences.

If you have questions, please feel free to talk with your team leader.

**Westside Ministries, Inc.**

*Roger and Linda Blanchard*

*Russell Deese*

*Board of Directors*

*Elder Board*

**CENA**

*Abraham and Lidia Lozano*