

## Ladies' PEAK Dress Code

Dear Ladies,

The ultimate goal of Wyoming Catholic's dress code is to emphasize respect for the beauty and dignity of each person as a member of our community. The standards for our community reflect the academic, athletic, and Wyoming lifestyle of our college.

In order to accomplish our goal, our two focal points are the **professionalism appropriate to academic pursuit** and the **virtue of modesty as the underlying principle**. We recognize that our standards for professionalism do not completely match expectations for corporate attire, and that modesty is a virtue which will be exemplified differently on everyone. However, our dress code strives to promote the basic norms of each for the sake of our academic community.

### General Notes on Our Dress Code

- Please see the What to Bring document for the difference between the three levels of dress code (Formal, Classroom, and Casual).
- All of the following guidelines are in place all of the time. For example, the requirement for skirt length does not change regardless of whether it is a hiking skirt or a skirt for classroom wear.
- Try to find dress shoes that are comfortable for walking, or else plan to bring a change of shoes for class. Even though the dorms are close, the distance increases exponentially when wearing uncomfortable shoes!
- Remember you will be doing a lot of outdoor activities, so make sure you find active wear in accord with the dress code.
- There should be no obscene lettering or images on clothing at any time, and no unsuitable images (e.g., graphic tees) or lettering on class or formal dress clothing.
- We do expect you to come to PEAK with clothing according to the dress code; exceptions will not be made once you are here, and you will be asked to change out of non-dress code clothing if you wear it outside of the dorm, so please read the guidelines carefully! However, we do realize that given current fashions, it can sometimes be tricky to find certain items that meet the dress code requirements. In these situations, creativity and being open to trying new options is a gift. For example, if you can't find a pair of jeans that fits properly AND is dark enough for classroom dress, be open to wearing skirts to class. Or if you don't own a skirt that touches the knee, look for midi or maxi styles and see what you find. Our counselors can tell you, since they live with this dress code every day as students, that it is possible to be both pretty and comfortable in dress code, with less effort than you might think!

## **SHIRTS/BLOUSES**

- Not too tight (can be fitted, but no bra outlines and should have a bit of ‘give’ from body).
- No cleavage showing: necklines no lower than four fingers from collarbone – this begins with the solid, opaque part of the shirt, not lace. (Some shirts will require an even higher neckline so as not to gape when leaning forward. Test: while looking in a mirror, lean forward to check that no cleavage shows.)
- Must cover entire torso, front and back (be sure skin is not exposed within normal range of reaching up, sitting down, or leaning over).
- Button-up blouses must be worn with a shirt or camisole underneath.
- If a top is see-through, it must be worn with a one-inch strap tank top underneath.
- Sleeveless shirts are acceptable for casual wear only, and straps must be at least 1” wide. This is also applicable to racer-back tanks (no halters, tube tops, spaghetti straps, etc.).

## **SKIRTS/ DRESSES**

- Should hang straight from hips and rear (if skirt is following curves, it is too tight). No visible underwear lines.
- Skirts must be knee-length; i.e., when standing, skirt must touch the kneecap. If the skirt is constantly riding up much higher with normal walking movement, it is too short (this can particularly be a problem with pencil skirts, so just be aware).
- Silhouette should not be visible through the skirt (especially when standing with bright light behind). Slips help skirts not to cling, and a darker slip usually blocks out light more effectively.
- Slits may not come above the knee (with the exception of the short slits built into straight and pencil skirts to allow walking; these slits remain “closed” when standing).
- Dress neckline cannot be lower than four figures.
- Formal Dresses need to have at least one-inch straps, and shoulders should always be covered during Mass.

## **PANTS**

- Not too tight: pants should not look “stretched” when standing; make sure that there is some ‘give’ to the fabric through the seat and legs (i.e., a “relaxed” fit; a proper fit will not show underwear lines).
- For classroom dress, dress pants or slacks are acceptable, including ankle-length/cropped slacks (not shorts; think business casual). Dark jeans (dark wash, navy, or black) are also acceptable but must reach the ankle (no cropped jeans for classroom dress). Jeans must be paired with a blouse or collared shirt for classroom dress.
- Jeans or pants for casual dress may not have unpatched tears or rips from the waist to the knee. No article of dress with rips or tears may be worn for either classroom or formal dress.

## **SHORTS**

- Shorts must be fingertip length for both athletic and casual wear (i.e., when standing with arms and hands hanging straight at sides, shorts should not come higher on the leg than

where the tip of the longest finger is). As a tip, shorts with a 5” inseam are usually long enough, but check to be sure it fits properly on you!

- Should hang a little from hip and not cling to leg (see tightness guidelines on “pants” above).
- Biking shorts, jogging tights, yoga pants, and leggings may not be worn by themselves outside the dormitories. Leggings and jogging tights cannot be used to “lengthen” skirts or shorts, although you are more than welcome to wear them with dress code length items (in fact, with some outdoor activities where shorts tend to ride up, such as rock climbing, you may be more comfortable with them under your shorts!).

### **BATHING SUITS**

- Bathing suits must be a one-piece or tankini that covers midriff (no bikinis or cropped-midriff styles) and back (although sport suits are ok). The regular neckline, tightness, and strap width rules do *not* apply to bathing suits; however, bathing suits must be modest – please no extreme plunging necklines, etc.

### **DRESS SHOES (not applicable to casual dress)**

- Nothing that looks like a “sneaker” is acceptable for classroom or formal dress.
- Nothing that looks like what you would wear to the beach, (e.g., flip-flops or Crocs). Dressier sandals are ok.
- Upper of shoe should be leather or some other suitable material and must have a rubber or hard sole (i.e., no foam or sporty styles). Toms or similar shoes are ok.
- Cowboy boots are allowed with every kind of dress (formal, class, and casual).