

# Nashua Stake YW Camp 2021

## DRESS CODE & FAQs

Dear Parents, Young Women, and Adult Leaders,

As stated in the *For the Strength of Youth* pamphlet, “The fashions of the world will change, but the Lord’s standards will not change,” so there will be a continual need for our young women (YW) to prayerfully consider their modesty now and in the future.

Direction from *For the Strength of Youth* is a guide for leaders, parents, and our YW as they plan their clothing for camp and beyond.

“Immodest clothing is any clothing that is tight, sheer, or revealing in any other manner. Young women should avoid short shorts and short skirts, shirts that do not cover the stomach, and clothing that does not cover the shoulders or is low-cut in the front or the back.....young women should be neat and clean and avoid being extreme or inappropriately casual in clothing, hairstyle, and behavior. They should choose appropriately modest apparel when participating in sports.”

Although being neat and clean at camp can be a challenge, we hope that dressing modestly will not be a challenge. We encourage long or short-sleeved shirts, knee length shorts, and closed-toe shoes. We feel the following specific direction is intended to assist the YW in their camping experience. In addition to the modesty of clothes, protecting our bodies in the outdoors is essential. While at Young Women Camp, our YW will experience sun and outdoor terrain with rocks, sand, trees, plants and bugs. We encourage YW to select clothing that will keep them protected and comfortable.

In the booklet *True to the Faith* it says:

“If you are not sure what is appropriate to wear, study the words of the prophets, pray for guidance, and ask your parents or leaders for help. Your dress and appearance now will help you prepare for the time when you will go to the temple to make sacred covenants with God. Ask yourself, ‘Would I feel comfortable with my appearance if I were in the Lord’s presence?’”

Our desire is that each young woman who attends camp will feel her Savior’s love and increase her testimony of Him. We want her to leave camp knowing she is loved and with confidence to ask for and receive revelation from her Heavenly Father.

With love and appreciation,

*Nashua Stake Young Women Presidency*  
*Nashua Stake Camp Directors*

## Frequently asked Questions

*How long should my shorts be?*

- Shorts should approach the knee or knee-length.
  - This is a change from the “fingertip method”.
  - Longer shorts can be difficult to find. Capri’s are awesome. An option is to cut off old pants or pajama bottoms to the recommended length.

*Are tank tops allowed?*

- Not as outerwear.
  - Beyond modesty, protection from the sun and elements is key when outside.

*Can we wear open-toed sandals and flip flops?*

- Nope.
  - All YW and leaders are required to wear shoes to and from the waterfront. For safety reasons, closed toed shoes or sandals of a sturdy nature are recommended.
  - We recommend Crocs or water friendly shoes set specifically for this purpose. (For those visiting camp for the first time, there is a steep, rocky, dirt path leading to and from the waterfront.)

*What are the guidelines for the waterfront?*

- Swimsuits must cover the stomach, one and two-piece suits that maintain this standard are permitted. T-shirts will be provided during waterfront activities for YW whose swimsuits do not cover their stomach.
- This year, we will set up changing areas at the beach. If a YW needs to walk up to camp in her swimsuit, she should have her towel wrapped around her.
- All Young Women and leaders are required to wear shoes to and from the waterfront (see above).

*Other Suggestions:*

- Protect yourself from the sun.
  - Apply sunscreen regularly, wear a brimmed hat, wear light, loose fitting clothing to protect you from the sun and keep you cool
- Protect yourself from ticks and other bugs.
  - Apply bug repellent regularly, wear longer sleeves and pants while in the woods.