

## 4-H Capital Days Dress Tips

This visual attachment for what is considered appropriate attire is meant to assist you in knowing what garments to pack. All Delegates and Chaperones are expected to dress appropriately for 4-H Capital Days. A participant's dress, grooming, and appearance, including hairstyle, jewelry, make-up, and nails, shall be safe, appropriate, appropriately sized, and not disrupt or interfere with 4-H Capital Day's educational process. Undergarments must be completely covered by outer clothing. Participants are not allowed to wear wallets on chains or collars/bracelets with spikes. Tube tops, net tops, halter tops, spaghetti straps, plunging neckline (front and/or back), see through garments, pajama pants, revealing hip huggers, ripped jeans, mini-skirts, and outerwear are not appropriate for this event. Casual wear is to be worn only during the social time on Sunday and Monday evenings. The schedule on Monday and Tuesday call for professional /business attire, as you will be touring the Capital, meeting with Legislators and representing the NYS 4-H Program. Suit jackets are optional a nice sweater can be worn instead. Jewelry you will want to keep to a minimum as it can be an issue going through security the same with ornate belt buckles. When it comes to footwear we cannot stress enough the importance of comfort' so no stiletto heels, flip flops are not acceptable. As you often will be walking very quickly from one location to another, climbing lots of stairs, using escalators you will want to consider these conditions. Also gentleman work boots are not recommended as steel toes and the eyelets will trigger the security systems and you will have to take them off.





