Iowa CWF Dress Code

During your week in Washington you will meet many people and will be representing the 4-H program, your family, county, state, peers, and 4-H. Your appearance must reflect your position as an ambassador of 4-H and Iowa. **You cannot dress as if you were “on vacation”.** If in doubt about an item of clothing, dress on the conservative side. We suggest borrowing items rather than purchasing clothing you would seldom wear.

Please be aware that Iowa’s Dress Code is enforced by your chaperones and you will be asked to change if your clothing is inappropriate. **The Dress Code applies to both teens and adult chaperones.** A dress code classification system has been developed which describes the type of dress expected for each CWF activity. The following categories have been established to correspond to activities outlined in the Tentative Schedule: Very Casual, Casual, Business Casual, Dressy, or CWF Attire. **Washington D.C. can be very hot and humid with daytime temperatures ranging from the high 80’s to high 90’s.** Lightweight, light-colored cotton clothing is recommended. Limited laundry facilities are available but note that free time is also limited.

<table>
<thead>
<tr>
<th>Event</th>
<th>Very Casual Description</th>
<th>Casual Description</th>
<th>Business Casual Description</th>
<th>Dressy Description</th>
<th>CWF Attire Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Derby (Tues) Travel on bus Active wear</td>
<td>Most activities, unless otherwise specified. No active wear for casual.</td>
<td>Button-down shirts Dress shirts Polos</td>
<td>Cultural Heritage Evening (Thurs)</td>
<td>Capitol Hill Day (Wednesday)</td>
<td></td>
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<tr>
<td>Arlington (Tues) Cong. Session (Thurs)</td>
<td>Nice T-shirts Polos Sweaters</td>
<td></td>
<td>Tie and jacket optional</td>
<td>CWF Polo (The polo will be provided at Center)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tops</th>
<th>Clothing Wearable</th>
<th>Clothing Wearable</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Clothes and shoes to get wet or dirty; can be old jeans, T-shirts, or shorts.</td>
<td>Nice jeans Khakis Nice shorts Does not include cut-offs, jeans with holes in them (even if repaired), or athletic shorts.</td>
<td>Khakis Slacks Dress pants Dress capri pants</td>
<td>Dresses Skirts Suits Dress slacks</td>
<td>Khaki pants Khaki skirt</td>
<td></td>
</tr>
<tr>
<td>Bottoms</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>No shorts or Capri/cropped pants allowed.</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Shoes</th>
<th>Clothing Wearable</th>
<th>Clothing Wearable</th>
<th>Clothing Wearable</th>
<th>Clothing Wearable</th>
<th>Clothing Wearable</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Comfortable shoes</td>
<td>Comfortable shoes</td>
<td>Nice dress shoes, no flip flops.</td>
<td>Comfortable shoes</td>
<td></td>
</tr>
</tbody>
</table>

**Important Dress Code Information** - Pertains to **ALL** dress code categories for both teens and adults

- Shorts, skirts, and dresses must be a respectable length. Respectable length defined as: Being as long as or longer than the tips of the individual’s fingers when arms are fully extended at their side.
- Tube top/strapless shirts will not be allowed during the CWF program.
- Cropped shirts and extreme low-rise pants are not allowed.
- Bottoms (shorts, skirts, pants, etc.) that are purchased “distressed” with rips, tears, patched areas are not allowed.
- Ripped clothing, cut-off shorts, T-shirts with offensive slogans or messages that are in bad taste, muscle shirts, and similar items are not allowed.
- **No hats will be worn in buildings.**
- Shoes and shirts must be worn at all times. Comfortable shoes are a MUST as there could be as many as 5-7 miles of walking in a day’s span of time.
What Should I Bring?

FOR THE BUS:
___ Overnight travel bag for **two nights** so that we do not have to unload and reload the bus
___ Snacks for travel
___ Water bottle which will not spill, is easy to carry, and can be re-filled (do not rely on soda for hydration)
___ Small pillow for the bus (or you can use your jacket or a sweater as a pillow)
___ Light blanket, fleece, or throw for the bus
___ **DVD’s for on the bus (optional), labeled with your name (G, PG, and PG-13 ratings only)**
___ **Deck of cards or other travel games for on the bus (optional)**
___ Earphones: **must** be used on the bus if listening to music or movies

AT THE CENTER:
___ Nightwear, comfy lounge wear, and slippers or flip-flops (3-4 people per room with private bath)
___ Personal toiletry items
___ Curling iron, flat iron, or other personal grooming items (a small hair dryer is in each room)
___ Alarm clock and wristwatch
___ Chargers for cell phones and other electronics
___ Small trade items that you make, buy, or solicit locally (pins and stickers are popular)
___ **Pen and small notebook or pad for workshops (optional)**
___ **Props & musical instruments for Talent Show (optional)**

FOR OFF-SITE TOURS:
___ Extra pair of comfortable shoes (You will walk a LOT; **do not** bring shoes you have never worn!)
___ Rain gear or umbrella
___ Sunblock
___ Small package of wet wipes
___ Cell phone portable charger (especially if your phone is also your camera)
___ **Camera labeled with your name, address, phone number (optional)**
___ **Extra camera batteries (only needed if you bring a camera 😊)**
___ Personal spending money

STAYING WELL:
___ Acetaminophen or ibuprofen for headaches or achy muscles
___ Antacid tablets for upset stomach / Imodium AD or other anti-diarrhea tablets
___ Band-Aids for blisters from walking
___ Antibacterial cream
___ Contact solution, if needed
___ Dramamine, in case of motion sickness on charter bus
___ Prescriptions, if any

Packing tips:
___ Two pieces of luggage plus a carry-on are allowed (garment bags are ok).
___ Put nametags on all luggage, including camera.
___ Pack as lightly as possible; roll your clothing and try not to bring things that wrinkle. Irons are not provided.
___ Place bottles that might leak (shampoo, lotions) in zip-lock bags. Do not bring glass bottles.
___ Do not bring valuables. Do not bring towels & linens – they are provided.