

Appropriate clothing in Indigenous communities

Clothing whilst on placement

When packing your bag think:

- Is it culturally appropriate?
- Is it appropriate for the climate?
- Is it too heavy or bulky?
- Does it provide protection from sharps, sunburn, snakes, spiders and scratches?

We highly recommend you wear **modest** clothing, which will cover thighs, tops of arms and mid-riff. Remember that you are a guest on Aboriginal land and it is important to dress appropriately in a way, which will not offend. In Aboriginal culture the exposure of thighs, groins (and sometimes upper arms) may be considered promiscuous or offensive.

Do wear:

- Loose-fitting and long styles (below the knee) of the following: shorts, skirts, pants, trousers or dresses;
- Loose shirts or t-shirts with sleeves;
- Bring a hat, pair of old sandshoes, old shirt & longish shorts in case you are invited to go camping or fishing (this is usually for those on remote community placements)
- If you are invited swimming you may swim with your clothes on, or t-shirt and shorts covering your swimming costume;
- You may be invited to sit on the ground, so wear clothes that will not cause embarrassment or discomfort in such a situation;
- Cotton garments, rather than synthetic fibers, are recommended as they allow the skin to breathe.

Do not wear:

- Tight figure-hugging clothing e.g. **no** tight jeans, hipsters, skirts;
- See-through clothing; or
- Clothing that exposes too much e.g. **no** boob tubes, bikinis, speedos, tight rugby shorts, immodest singlet (with low cleavage and large armholes), halter necks, high side-splits, low cleavage-exposing tops, miniskirts.

Examples of appropriate clothing



YAPA (sister in Yolŋu Matha)

WAWA (brother in Yolŋu Matha)