ATTIRE: WOMEN

ATTIRE: WOMEN: TZNI'UT

Attire: Tzni'ut Guidelines for Women

To dress *tzenu'a*, women should:

- Cover torso to elbows and to knees;
- Cover collarbones (and hair, if married).

Also, the garments must not cling tightly to the woman's body.

NOTE If there are no men nearby (visible), women do not need to wear *tzanu'a* attire, including when swimming.

NOTE It is an act of piety to always dress *tzenu'a*, and is preferable always to dress *tzenu'a* when feasible.

Attire: Women: Tzni'ut: Lifeguard

If no female lifeguard is available, a male lifeguard may guard and women do not need to wear special *tzanu'a* attire. There is no difference between using a Jewish or non-Jewish male lifeguard.

Attire: Women: Socks or Stockings

Women wearing skirts below their knees do not need to wear socks or stockings, unless that is the custom in their community.

NOTE Custom is defined by how people who follow *halacha* dress, not by how non-religious people dress, even if the non-religious are the majority of a community.

Attire: Women: Open-Toed Sandals

Women may wear open-toed sandals if that is customary in their community.

Attire: Women's Blessings: Mikva

When women say blessings in the *mikva*, their bodies are covered by the water, which takes the place of clothing for that purpose.

ATTIRE: MARRIED WOMEN: HEAD COVERING (KISUY ROSH)

Attire: Married Women: Hair-Covering Guidelines

Married women should cover their hair when they leave their "*chatzeir*," which may mean house, yard, or domain. Married women should not appear in public without covering their hair.

NOTE It is an act of piety for married women to always cover their hair. (For extenuating circumstances, consult a *rabbi* for exceptions).

NOTE A married woman may have her hair exposed as long as its area is less than 1 square *tefach* (3.5" x 3.5", or about 9 cm x 9 cm). To measure this, add up all exposed hair to get a total area, flattened to two dimensions, as if it were a silhouette. It is an act of piety for married women to completely cover their hair.

To measure braided or bunched-up hair or hair in a pony tail, simply measure the cross-sectional area as it is. You do not need to measure the hair as if it were spread out flat.

When wearing a baseball-type hat, hair may be exposed on all sides, as long as the total exposed hair is less than 3.5" X 3.5."

To wear a "*kipa* sheitl," you may wrap your real hair around the sheitl, but only up to a total of 3.5" x 3.5."

Attire: Married Women: Hair Cuts

A Jewish woman may have her hair cut by any hairdresser, including men, whether Jewish or not, and there is no problem of his seeing her uncovered hair.

Attire: Married Women: Doctors

A married woman may allow her doctor to see her hair uncovered if necessary for treatment or examination.

Attire: Married Women: Hair Covered during Prayer

A married woman is not required by *halacha* to have her hair covered when praying alone, but the custom is for her do to so.

ATTIRE: WOMEN: PRITZUT

Attire: Women: Pritzut Even If Completely Covered

Pritzut is a deviation from the norm for people's attire, even if completely covered (or not properly covered!).

EXAMPLE A woman wearing a leotard and tights may be violating *pritzut* even if her body is completely covered, depending on where she is.

Attire: Women: Pritzut and Neighborhood Customs

Deviation from the accepted standard for attire (*pritzut*) may apply even to customs such as are followed in certain neighborhoods, and visiting women must conform to the local standards while there.

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