

Hinduism

The Bhandi

Mentioned in the earliest Sanskrit texts, the bhindi/bindu is traditionally a red dot of make-up between the eyes on the forehead. Originally worn as a sign of married women, the red dot became popular among young and unmarried women, often changing the colour to match their outfit for the day. Widowed women would also sometimes wear a black dot. The bindi has also been called the "third eye" in Hinduism, known to ward off bad luck. For special occasions, the bindi may be accompanied or replaced by a jeweled stick-on dot. The shape, size, and importance of the bindi changes based on region, and is practiced most commonly in India, Sri Lanka, and Nepal.



Sari

Sari is a brightly coloured material that is wound and pleated around the waist so that it covers the legs, with an underskirt or petticoat beneath it of a matching colour/pattern. A short, tight blouse (choli), with or without sleeves, is worn with the ends of the sari draped over the shoulders, often leaving the midriff bare.



Traditional Hindu clothing for women consists mainly of the sari (saree) and the salwar kameez. The sari is a brightly coloured material that is wound and pleated around the waist so that it covers the legs, with an underskirt or petticoat beneath it of a matching colour/pattern. The salwar kameez is a tunic (kameez) that is long enough to partially conceal loose fitting trousers (salwar).



Henna

Henna body art (mehndi) is traditionally worn by Hindu women on special occasions. The intricate lines are drawn on the hands, arms, and feet with a special paste using fine brushes or feathers. Henna is especially popular for Hindu weddings. Modernized henna is now available in markers, pens, or pastes due to its popularity.



Buddhism



The robes of Buddhist monks and nuns are part of a tradition going back 25 centuries to the time of the historical Buddha. The first monks wore robes patched together from rags, as did many mendicant holy men in India at the time. The robes worn by Theravada monks and nuns of southeast Asia today are thought to be unchanged from the original robes of 25 centuries ago. The robe has three parts:

The ***uttarasanga*** is the most prominent robe. It is sometimes also called the ***kashaya*** robe. It is a large rectangle, about 6 by 9 feet. It can be wrapped to cover both shoulders, but most often it is wrapped to cover the left shoulder but leave the right shoulder and arm bare.

The ***antaravasaka*** is worn under the *uttarasanga*. It is wrapped around the waist like a sarong, covering the body from waist to knees.

The ***sanghati*** is an extra robe that can be wrapped around the upper body for warmth. When not in use, it is sometimes folded and draped over a shoulder.



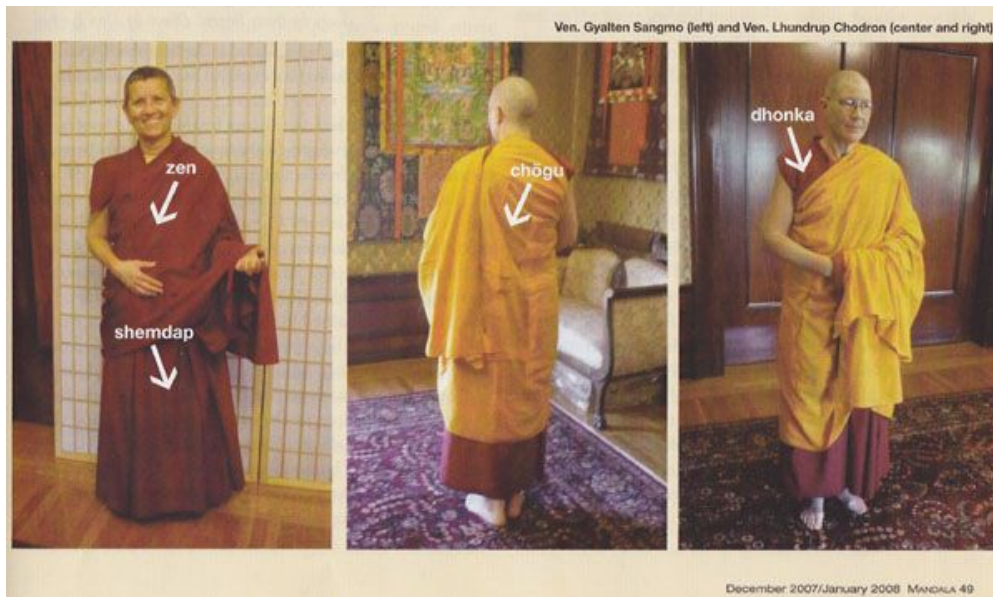
When Buddhism spread to countries such as China, Japan, etc, which are colder countries, sleeves and other patches which provide warmth were added.



The Robe in Tibet

Tibetan nuns, monks, and lamas wear an enormous variety of robes, hats, and capes, but the basic robe consists of these parts:

1. **Dhonka:** A wrap shirt with cap sleeves. The dhonka is maroon or maroon and yellow with blue piping.
2. **Shemdap:** maroon skirt made with patched cloth and a varying number of pleats.
3. **Chogyu:** something like a sanghati, a wrap made in patches and worn on the upper body, although sometimes it is draped over one shoulder like a kashaya robe. The chogyu is yellow and worn for certain ceremonies and teachings.
4. **Zhen:** similar to the chogyu, but maroon, and is for ordinary day-to-day wear.
5. **Namjar:** is larger than the chogyu, with more patches, and it is yellow and often made of silk. It is for formal ceremonial occasions and worn kashaya-style, leaving the right arm bare.



<https://www.thoughtco.com/the-buddhas-robe-450083>

Judaism

Tallit- prayer shawl. Use for many different prayers ranging from smaller prayer to a man's bar mitzvah. Tallits can be passed down in families and some families even use them as the roof of their chuppah in their wedding.



Yarmulke- kap worn to cover men's heads



Payot- worn by Orthodox Jewish men based on the biblical interpretation against shaving one's hair. *pe'ah* means "corner, side, edge". Yemenite Jews call their sidelocks *simonim* (סימנים), literally, "signs", because their long-curved sidelocks served as a distinguishing feature in the Yemenite society (differentiating them from their non-Jewish neighbors).



Orthodox women must cover their head either with a head scarf or a wig for modesty.



The Jewish dress code has always been influenced by the Torah from both a ritual and a general perspective, but most notably with an emphasis on modesty. Modesty is of utmost importance for both men and women. Indeed, wearing modest Jewish clothing is essential for orthodox Jewish women. For example, Orthodox Jewish women tend to wear clothing that is not too bright or tight-fitting, with sleeves that cover the elbows and skirts that cover the knees. In some communities, women wear socks, tights or stockings as well, but this is not universal among the Orthodox.

Married Jewish women typically cover their hair as a sign that they are no longer single. Orthodox Jews train their girls from a very young age to dress modestly. Men in some communities are discouraged from wearing shorts, although the laws that govern covering the body are not as stringent with men as with women. Jews have generally worn the clothing and styles of the societies in which they lived as long as the requirement of modesty was met. It has long been a custom for Jews to have special clothes for Shabbat and festivals, contributing to the special character of these days.

Orthodox Jewish women wear long skirts because pants are forbidden for women according to most opinions in Jewish law. Knee covering also varies among sects within Orthodox Judaism. Some women will wear tights or any other leg wear even if the legs are seen, as long as they are covered. Some ultra-orthodox Jewish women are very strict to wear a thick leg covering with dark colors so that no part of the leg can be seen.

Islam

Most of the dress code requirements are for women. Overall they must dress modestly.



Hijabs



Khimar- covers head and chest

Chador- An enveloping cloak; from the top of the head to the ground.



Burka- Head scarf covering everything but the eyes



Jilbab- Sometimes used as a general term, quoted from the Qur'an 33:59, for an over-garment or cloak worn by Muslim women when in public.



Niqab- A face veil worn by some Muslim women which may or may not leave the eyes uncovered.



Shalwar Kameez- Worn by both men and women primarily in the Indian subcontinent; loose trousers that are worn with a long tunic.



Thobe- A long robe worn by Muslim men. The top is usually tailored like a shirt, but it is ankle-length and loose. The thobe is usually white but may be found in other colors, especially in winter. The term may also be used to describe any type of loose dress worn by men or women.



Gutra Egal- A square or rectangular headscarf is worn by men, along with a rope band (usually black) to fasten it in place.



Bisht- A dressier men's cloak that is sometimes worn over the thobe, often by high-level government or religious leaders.



Christianity

Christians don't really have a specific type of clothing. They will dress nice when they go to church.

The phrase 'Sunday best' was coined to describe clothes worn by Christians to church. These tended to be the best formal attire a person owned, and clothes that they would wear only for special occasions. In Western culture it is common to dress up on special occasions such as weddings, so by dressing differently on the Lord's Day some Christians believe this reiterates that the Lord's Day is distinct and holy.

However, other Christians do not believe that it is necessary to wear special clothes to attend church. This can be attributed to Biblical quotes such as 1 Sam. 16:7 where God says he is more concerned with the quality of our hearts than outward appearance, and to 2 James 1:6 where believers are urged to show no partiality between worshippers in fine and poor clothing.

Nowadays there is a mix of Christians who dress both formally and casually, depending on the particular church they attend. There is even a Blue Jean Church where dress code is openly casual, breaking away from traditions and stereotypes of what Christians should wear.

<https://www.nus.org.uk/en/advice/health-and-wellbeing/clothing-in-christianity/>



Religious leaders also have a specific way of dressing.

