



DRESSING UP DAY IDEAS

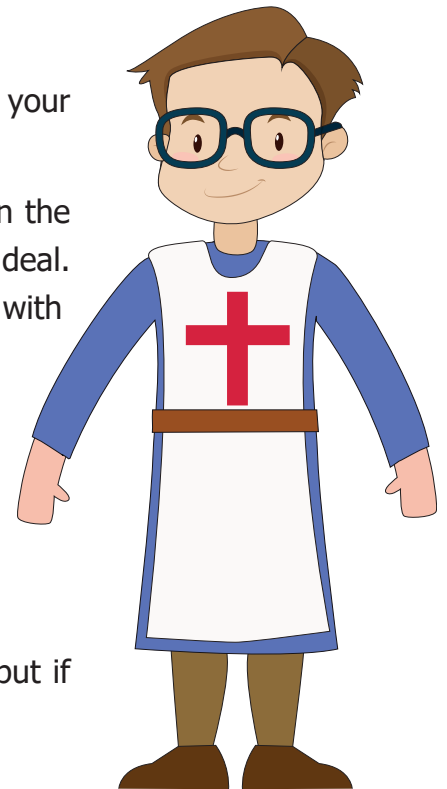
HIGH MEDIEVAL

So you're having a dressing-up day?

You can whip up a costume with some simple items from home:

HIGH MEDIEVAL BOY

- Long-sleeved, oversized neutral-coloured T-shirt that reaches your knees.
- "Surcoat" - a long piece of plain coloured cloth with a hole cut in the middle for your head. An old cut-down bed sheet or table cloth is ideal. If you have time, you can paint a red crusader cross on the front with poster paint.
- Leather belt to secure the tabard.
- Thick tights or leggings
- Short boots (not wellies!) or school shoes
- Shield and helmet (see separate sheet)
- (Glasses are models own. Crusader knights didn't wear glasses but if you need to that's ok)



HIGH MEDIEVAL LADY

- Long sleeved T-shirt underneath,
- Long sleeved dress with wide sleeves. If you have an old dress you can cut a line from the wrist to the elbow, and shape the back so that the extra fabric hangs down to form pointy sleeves
- Long hair can be plaited and rolled up into two spiral buns, one either side of your head. If you have hair nets handy, put each bun into one. You can decorate the hair nets with beads and tin foil if you have time, as these nets would originally have been made with gold thread and jewels. Use a thin scarf or piece of old net curtain to drape over the two spirals, and use hair clips or pins to hold it all in place.
- Stockings or long socks
- School shoes

