



Chapter 7 Abridged Resource

What should women wear?

Expectations in respect to the degree a woman covers herself varies greatly across the region.

In Saudi Arabia, for example, although women are not expected to cover their hair they are expected to wear the 'abaya'.

In Dubai however, although modesty is expected, females are not required to cover their hair or wear the 'abaya'.

Unless you have an appreciation of the local dress etiquette, then we suggest you wear clothing which covers the arms to the wrist and the neck to the ankles. Clothing should be loose and not show the figure.



For women travelling to Saudi Arabia, [this useful blog](#) details local expectations.



...and men?

Until you appreciate the expectations of the area in which you are staying, then we suggest you cover everything from your elbows to neck and down to your knees. Some places are very relaxed, others much more conservative.

Name Structures

Put yourself at an advantage during initial introductions by understanding name structures and taking a greater interest in, for example, the geography of names, when time allows.



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