

## **How to dress like an Ancient Greek**

Most Ancient Greeks used a simple sheet for clothing, wrapped around them in various ways. One of the most popular styles was called a chiton. Men's chitons were knee-length, and women's were ankle-length. Long decorative pins were used to hold the material in place.

Cloaks were made of a plain oblong piece of thicker cloth, often with decorated edges. They were called himations. Soldiers wore special short cloaks called chlamys, which didn't get in the way when the soldiers were fighting.

Women usually plaited their hair or wore it up, using a net or ribbon to hold it in place. Most people wore simple sandals, though they would usually go barefoot at home.

### **Make your own Greek costume**

You could use an old sheet and make a chiton to wear. Favourite Greek colours were white, saffron (mustard yellow), and red.

Boys could wear an extra large single colour T-shirt, which should be knee-length. Wear a belt around your waist. A small single colour blanket would make a perfect himation.

Girls could wear an ankle length plain single colour dress, like a night dress, loosely belted. Girls also wore himations like boys, and sandals.

### **How to make and wear a chiton**

#### **You will need:**

A white sheet  
A few safety pins  
A belt or piece of rope

#### **What to do:**

1. Fold the top third of the sheet over
2. Then fold it in half lengthways
3. Wrap the sheet around your body (under your arms). Use safety pins to hold the open side closed. Use two more safety pins to hold the sheet at your shoulders.
4. Tie a belt around your waist, and off you go!