



AMERICAN
HERITAGE GIRLS®
FAITH | SERVICE | FUN

UNIFORM GUIDE



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UNIFORM GUIDE | WHY WEAR THE AHG UNIFORM?

The AHG Uniform is a valuable piece of the AHG Program. It signifies belonging to a group that shares common beliefs and goals. A Girl Member or Adult Member in AHG Official Uniform symbolizes being a part of an organization dedicated to building women of integrity through faith, service, and fun.

As representatives of Christ in the local community, the AHG Official Uniform identifies the Troop as a single group uplifting the mission and values of AHG. Wearing an AHG Official Uniform can help Girl and Adult Members grow in many of the values represented in the AHG Creed:



LOYAL

Wearing the AHG Official Uniform shows others a member is Loyal to the AHG Oath, Creed, and Mission

PURE AND COMPASSIONATE

Uniforms are an equalizer for girls in their Troop. Instead of worrying about wearing the latest trends to Troop meetings, girls can attend AHG meetings with pure hearts, not showing off or worrying about whether they will fit in. Being in uniform allows girls room to grow in compassion for their Troop friends, without worrying about social pressures.

RESPECTFUL AND RESPONSIBLE

Wearing and keeping a uniform neat, tidy, and up-to-date takes a lot of responsibility. Girls who take responsibility for their AHG Official Uniform will learn to respect their AHG commitments. In the community, Troop leadership can also efficiently keep track of their girls by recognizing AHG Uniforms.

PERSEVERANT

Seeing the uniforms of older girls can help younger girls persevere through their AHG journey. Girls can aspire to wear the AHG Official Class A Uniform for the next Program Level knowing each advancement in the program opens new stages of opportunities and responsibilities—moving from a red vest to a blue vest to a sash.

The colorful AHG Official Class B Reach Higher T-Shirts are another exciting incentive for girls to advance to the next Program Level. Girls can hold onto these t-shirts as AHG memorabilia reminding them of service and Level Award projects that stretched them to grow in a variety of skills and abilities.

UNIFORMS

Though AHG desires for compliance in uniform standards across the country, you may, on occasion, find a picture in AHG materials that do not fully represent AHG's current, official uniform. AHG never wants girls to be ashamed or embarrassed about any uniform imperfections. As updates are made and the handbooks and uniform options are expanded, conflict in previously published information regarding uniform standards may arise. This document supersedes any previously published information regarding uniform standards and records the most up-to-date information regarding the AHG Official Uniform.

UNIFORM | PATHFINDER GUIDE | CLASS A UNIFORM



PATHFINDER

Pathfinder Necklace with star, heart, round, Troop Number and AHG logo beads
.....

AHG Official Pathfinder T-Shirt
.....

Navy skirt, pants, capris,
Bermuda-style shorts, or skort



See the Pathfinder Unit Leader Guide for information on what each bead symbolizes.



PATCHES

In addition to earning beads, Pathfinders can also acquire patches by attending events or by participating in Patch Programs. Pathfinders do not have a specific place on their AHG Uniform to place patches. They are encouraged to collect these patches and add them to a bag. Visit the [AHGstore](#) to order an AHG bag.

UNIFORM GUIDE | TENDERHEART & EXPLORER CLASS A UNIFORM



TENDERHEART

AHG Official Short-Sleeved Girl Uniform Polo in white
.....

Official Tenderheart Vest
.....

Official Tenderheart Neckerchief
.....

AHG Official Neckerchief Slide
.....

Navy skirt, pants, capris, bermuda-style shorts, or skort



EXPLORER

AHG Official Short-Sleeved Girl Uniform Polo in white
.....

Official Explorer Vest
.....

Official Explorer Neckerchief
.....

AHG Official Neckerchief Slide
.....

Khaki or navy skirt, pants, capris, bermuda-style shorts, or skort

UNIFORM GUIDE | TENDERHEART & EXPLORER INSIGNIA

Note: Measurements shown are approximate and may vary slightly due to differing sizes of vests and sashes.



The Explorer Vest is shown above. The placement is the same for a Tenderheart Vest.

UNIFORM GUIDE | PIONEER & PATRIOT CLASS A UNIFORM



PIONEER

AHG Official Short-Sleeved Girl Uniform Polo in white

.....
Official Pioneer Sash
worn on the right shoulder

.....
Khaki/navy skirt, pants,
capris, bermuda-style shorts



PATRIOT

AHG Official Short-Sleeved Girl Uniform Polo in red

.....
Official Patriot Sash
worn on the right shoulder

.....
Khaki/navy skirt, pants,
capris, bermuda-style shorts

UNIFORM GUIDE | PIONEER & PATRIOT INSIGNIA

Note: Measurements shown are approximate and may vary slightly due to differing sizes of vests and sashes.



SASHES

Pioneers and Patriots may choose to either keep the same sash for all six years or move to a new sash as a Patriot.

If a Pioneer or Patriot decides to wear the same sash the entire time, this piece of the uniform needs to remain neat with badges sewn in an organized pattern. Girls may find they are running out of space on their sash after creating the three flowers and lining up additional badges across the bottom of the sash. [See the “Insignia Placement” section on page 11 for recommendations on this issue.](#)

If a girl chooses to move to a new sash as a Patriot, she may not wear two sashes side by side or crossed across her chest (one on each shoulder). With the decision to switch sashes after her Pioneer Level, she will only wear her Patriot sash from that point forward.

If a girl is having trouble keeping her sash on her shoulder, the [AHG Sash Pin](#) is available on the [AHGstore](#) to connect the sash to the polo! This pin can be worn for Pioneer and Patriot years and is not earned.





UNIFORM GUIDE | TENDERHEART-PATRIOT ADDITIONAL GIRL UNIFORM INFORMATION

JOINING AWARD

The Joining Award is placed in a couple of different spots, depending on when earned. If a girl starts as a Pathfinder and receives both her Fanny Crosby Level Award and her Joining Award, then the Joining Award is placed above the Troop numbers. If a girl did not earn the Level Award from a previous Program Level, the Joining Award starts the next Program Level's flower.

THE CENTER OF THE FLOWER

Always start a flower with the Level Award from the girl's previous Program Level or her Joining Award. The Joining Award will advance through each Program Level if the girl does not earn her Level Award.

First Frontier Badge starts here

Start "flower" with Joining Award or Level Award in center



BADGE PLACEMENT

The recommended method for starting the first flower or honeycomb on a vest or sash is to place the Joining Award or Level Award in the center of the pattern. The flower or honeycomb pattern created with her badges will include one badge from each Badge Frontier, starting with the Heritage Frontier. Then move clockwise around the flower to Family Living, Arts, Outdoor Skills, Personal Well-Being, and Science & Technology. A girl who earns two badges out of the same Frontier before completing her first flower will place the second badge on the opposite side of her vest or toward the bottom of her sash.

[See page 6 for a Tenderheart and Explorer vest example.](#)

[See page 8 for a Pioneer and Patriot sash example.](#)

TENDERHEARTS

Option 1

Start flower with the Fanny Crosby Level Award and add her Joining Award to her vest above her Membership Pin.

Option 2

Start flower with the Joining Award.

EXPLORERS

Option 1

Start flower with the Sacagawea Level Award.

Option 2

Start flower with the Joining Award.

PIONEERS

Option 1

Start flower with the Ida Scudder Level Award.

Option 2

Start first flower with the Joining Award.

PATRIOTS

Option 1

Start second flower on the Pioneer sash with the Harriet Tubman Level Award.

Option 2

Start flower with the Joining Award.

Option 3

Start first flower on the new Patriot sash with the Harriet Tubman Level Award.

After a girl completes one of these options, she can add a second flower or third flower with the Abigail Adams Level Award in the center. It is also permissible to "book flap" the Abigail Adams Level Award over the Ida Scudder Level Award (*see the following section*).



UNIFORM GUIDE

TENDERHEART-PATRIOT ADDITIONAL GIRL UNIFORM INFORMATION

INSIGNIA PLACEMENT

A girl may run out of space for all the badges, patches, service stars, and other insignia on her vest or sash! Insignia may not be extended beyond the vest or sash, as it will start to look untidy and unorganized.

Catholic Faith Awards Placement

Segment patches may be worn on the back of a girl's vest or sash. Medals can be worn on the front of her vest or sash. Tenderhearts and Explorers wear the medals under the Troop numbers on their vest. Pioneers and Patriots wear the medals under the AHG Flag Patch on their sash.



Catholic Faith Awards Placement

B.Y. Faith Awards

Each Program Level has a pin that can be worn on the front of her vest or sash. Tenderhearts and Explorers wear their pins under their Troop numbers on their vest. Pioneers and Patriots wear their pins under the AHG Flag Patch on their sash. These pins can be transferred to each new uniform, stacked one on top of the other.



B.Y. Faith Awards Placement

Any patches earned through a particular B.Y. Faith are placed on the back of a girl's vest or sash and would not move to the next uniform.

Sports Pin Placement

Sports Pins are positioned on the front of a girl's uniform. The pins are placed on a vest along the bottom hem of the right side. On the sash, the pins are to be worn near the bottom hem.



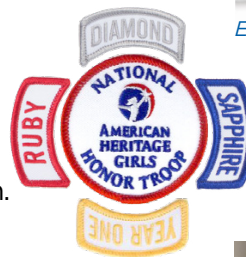
Explorer Vest

Patriot Sash

Sports Pin Placement

National Honor Troop Award Placement

The National Honor Troop Award (NHTA) adheres to the front of a girl's vest beneath the Service Stars, and at the back top of a girl's sash.



Stars & Stripes Award Placement

The proper placement of the Stars & Stripes Award Patch is on the chest of the AHG Official Short-Sleeved Girl Uniform Polo on the side opposite the sash using the AHG Membership Pin. If a recipient becomes a Leader-in-Training (LIT) or Adult Leader, she will wear the patch on her AHG Official Adult Uniform Polo on the side opposite the AHG logo.



PATCH PLACEMENT

Acceptable patches for the AHG Uniform include Patch Program patches, Troop-earned patches, and event patches. Consider displaying patches from outside activities such as family outings, museums, National Parks, etc., on items such as tote bags or backpacks.

OVERCROWDING

1. AHG recommends extra badges be “book-flapped” by tacking two corners of a badge over an existing badge. This remedy can be applied to AHG Service Stars and patches as well.
2. A girl’s sash can run out of space if she wears the same sash for all six years as a Pioneer and Patriot. A girl has the option to purchase a separate sash when transitioning from her Pioneer to Patriot Level. This option will allow for more space on both the Pioneer and Patriot sashes.



Patch Samples



Book-Flapping

MOVING INSIGNIA TO THE NEXT PROGRAM LEVEL

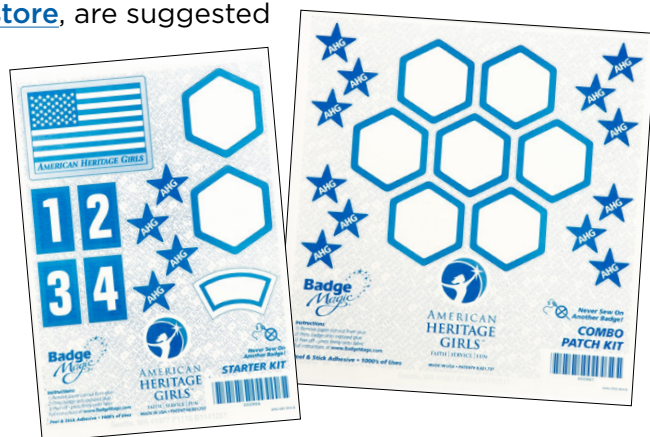
A girl’s vest or sash represents her current AHG story. Most insignia is Program Level-specific and cannot be moved from one uniform to the next. Badges earned at the end of a Program Level are attached to the current uniform, not the future uniform.

Listed below are a few exceptions:

- Sports Pins can move from one uniform to the next if a girl remains active in that sport.
- The B.Y. Faith Award Pin can move from one uniform to the next to stack her arrows.
- If a Patriot chooses to get a new sash, she may move her gold badges to her new sash.

ATTACHING BADGES, PATCHES, AND ADDITIONAL INSIGNIA

Although badges and some other insignia have an iron-on backing, sewing, or using [Badge Magic](#), a product available in the [AHGstore](#), are suggested to reduce wear and tear and keep badges attached to a girl’s vest or sash.



Badge Magic
(available in the AHGstore)



UNIFORM GUIDE

GIRLS & ADULTS

ADDITIONAL UNIFORM INFORMATION

Are shirts required to be tucked in or allowed to be left untucked when one is in uniform?

Shirts may be tucked in or untucked, as long as the overall look is neat and tidy.

What types of bottoms can girls wear with the AHG Official Class A Uniform?

Girls can wear pants, capris, skirts, skorts, or shorts with AHG Official Class A Uniforms. When selecting shorts and skirts to wear as part of the AHG Official Class A Uniform, there are important guidelines to follow to ensure uniformity and modesty:

- Shorts are required to be modest with the hem reaching past mid-thigh towards the knee. For most, this is around 2" above the knee. Bermuda-style options tend to achieve this fit best.
- Skirts and skorts are required to be modest and longer than mid-thigh towards the knee. (For most, this is around 2" above the knee.) Skirts or skorts with a slit must also be modest with the slit no higher than below mid-thigh.



What types of bottoms are not considered part of the AHG Official Class A Uniform?

Jeans, leggings, jeggings, and cargo pants are not approved as part of the AHG Official Class A Uniform.

What shoes are required as part of the AHG Official Class A Uniform?

Closed-toe shoes are required for the AHG Official Class A Uniform. Consider footwear consistent with other uniform pieces.

What types of tights or hosiery may be worn with skirts or skorts?

Opaque tights that complement the uniform may be worn in white, navy, or red solid colors. Skin tone or navy hosiery is acceptable to wear with the uniform.

What options are available in colder weather?

Solid white or red long-sleeved shirts may be worn under the AHG Official Polo in colder weather. Proper outerwear (such as coats and jackets) and headgear (such as hats) are essential to health and safety. Consider items appropriate for the conditions, as consistent as possible with other uniform pieces. Do not wear the AHG Uniform with clothing that displays offensive language or that supports organizations not aligned with the AHG Oath, Creed, and Mission.

UNIFORM GUIDE | ADULT MEMBER CLASS A UNIFORM



OPTION 1

AHG Official Adult Uniform Polo or the AHG Official Adult Uniform Dry-Wicking Polo in red or navy
.....

Navy, khaki, or black pants, skirt, capris, or Bermuda-style shorts
.....

AHG name tag and lanyard
.....

Closed-toe shoes
.....

Leader Tab (optional)



OPTION 2

AHG Official Adult Uniform Dress Blouse
.....

Navy, khaki, or black pants or skirt
.....

AHG name tag and lanyard
.....

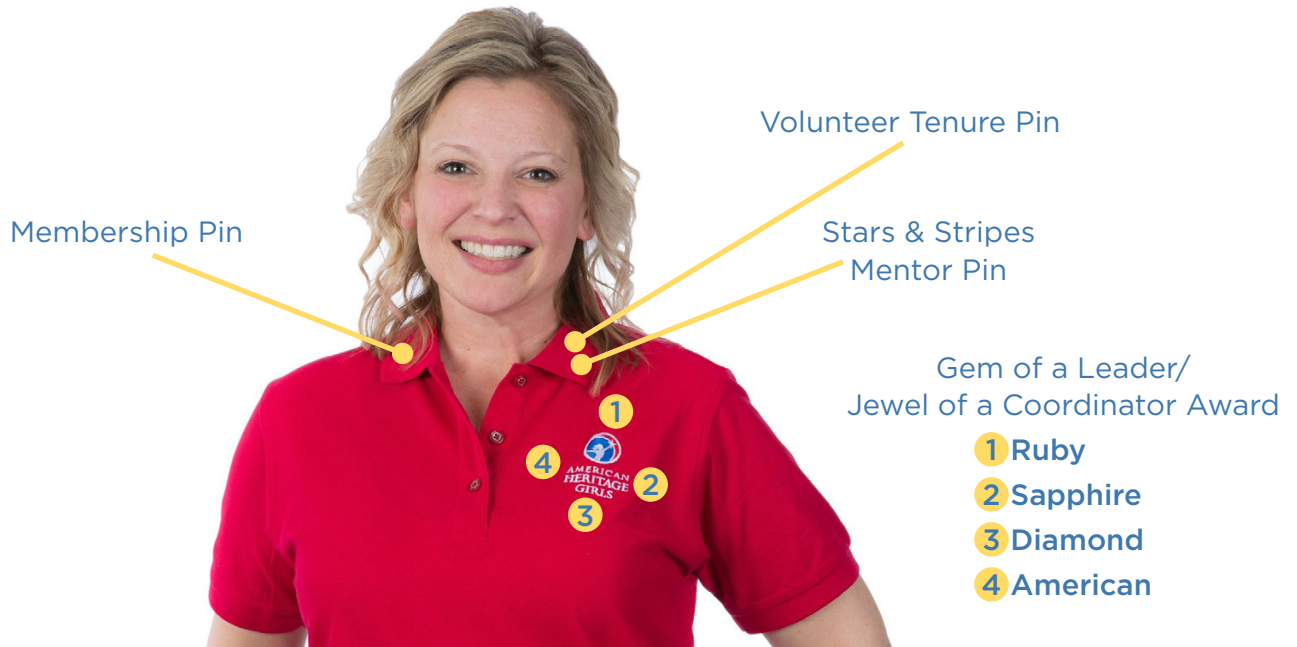
Closed-toe shoes
.....

Leader Tab (optional)

AHG OFFICIAL ADULT UNIFORM DRESS BLOUSE

The AHG Official Adult Uniform Dress Blouse is an optional uniform piece created for formal occasions such as award ceremonies and recruitment events. An Adult Member may choose to wear their AHG Official Adult Uniform Dress Blouse any time they would wear their regular AHG Official Class A Uniform.

UNIFORM GUIDE | ADULTS MEMBER INSIGNIA

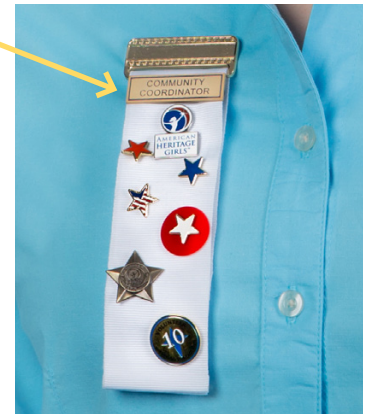


ADULT RECOGNITION TAB

The [Adult Recognition Tab](#) is an optional uniform piece for Adult Members. This ribbon with a magnetic attachment holds AHG Official Award Recognitions and prevents damage to an Adult Member's AHG Official Adult Uniform Polo or AHG Official Adult Uniform Dress Blouse. Any registered LIT or Adult Member of American Heritage Girls may wear the Adult Recognition Tab with their AHG Official Class A Uniform Polo or Dress Blouse.

The Adult Recognition Tab provides Adult Members with one place to display all of their recognitions. The Adult Recognition Tab is easy to move from one shirt to another with its magnetic backing. The Adult Recognition Tab is placed on the AHG Official Adult Uniform Polo or AHG Official Adult Uniform Dress Blouse, opposite of the AHG logo.

AHG Position Bar



The [AHG Position Bar](#) should be placed opposite logo if no tab, at top of tab if there's tab.

ALUMNAE

Once a girl becomes an Adult Member, she is no longer permitted to wear her Girl Uniform and will instead be required to wear one of the AHG Adult Uniform options. If a Stars & Stripes Award Recipient becomes a Leader-in-Training (LIT) or Adult Leader, the patch may be worn on the AHG Official Adult Uniform Polo on the side opposite the AHG logo.

Additional Uniform Information can be found on [page 13](#). The following topics are addressed there:

- Shirt tucking
- Uniform bottoms
- Shoes
- Cold weather

UNIFORM GUIDE | CLASS B UNIFORM & SPIRIT WEAR

AHG OFFICIAL CLASS B UNIFORM

[AHG Official Class B T-Shirts](#) are found online in the [AHGstore](#).

The AHG Official Class B T-Shirts can be worn with any modest, casual bottoms, such as jeans. These t-shirts are great for hands-on community service, field trips, or other Troop activities where it may not be appropriate to wear the full AHG Official Class A Uniform. These t-shirts are preferred dress over spirit wear for media appearances, service projects, parades, and during the flag ceremony at camp.

The AHG Class B Uniform is available in red and blue Classic Short-Sleeved T-Shirts, red Classic Long-Sleeve T-Shirts, and Reach Higher T-Shirts which are available in different colors based on Program Level!



Classic T-Shirt

AHG OFFICIAL CLASS B CLASSIC T-SHIRT

The [AHG Official Class B Classic T-Shirt](#) is great for hands-on community service, field trips, or other Troop activities where it might not be appropriate to wear the full AHG Official Class A Uniform. These t-shirts are preferred dress over spirit wear for media appearances, service projects, parades, and during the flag ceremony at camp.

AHG OFFICIAL CLASS B REACH HIGHER T-SHIRT

The [AHG Official Class B Reach Higher T-Shirt](#) is the preferred apparel for field trips and camping or any outing/activity where girls are in groups by Program Level.

Reach Higher T-Shirt



CAN A TROOP WEAR A MIXTURE OF THE TWO AHG OFFICIAL CLASS B UNIFORM T-SHIRTS?

No. Girls must be in the same AHG Official Class B Uniform T-Shirt style when the Troop has opted to wear their AHG Official Class B Uniforms as a collective group. The whole Troop or Unit would wear either the AHG Official Class B Classic T-Shirt (mixing short-sleeved and long-sleeved permitted) or the AHG Official Class B Reach Higher T-Shirts.



SPIRIT WEAR

This includes non-uniform shirts that are purchased from the [AHGstore](#) or are created by the Troop. Spirit wear is not a substitute for AHG Official Class A or Class B Uniforms. Spirit wear can be worn with any modest, casual bottoms, such as jeans, and is great for camping, casual wear, and spreading the name of AHG.



UNIFORM GUIDE | UNIFORM ETIQUETTE

FLAG CEREMONIES

The uniform standard for a flag ceremony is the AHG Official Class A Uniform, whether a Troop meeting or a special event. While at camp, the AHG Official Class A Uniform is preferred for flag ceremonies, but the AHG Official Class B Classic T-Shirt may be worn instead.

When wearing the AHG Official Class A Uniform or AHG Official Class B Uniform, Girl Members and Adult Members should salute the flag. When in spirit wear or other attire, the right hand is placed over the heart.

TROOP MEETINGS AND EVENTS

Unless the planned Troop meeting includes a particularly messy activity or outdoor adventure, Girl and Adult Members are expected to wear the AHG Official Class A Uniform.

All Troop members need to be wearing the same type of uniform when gathered together. Mixing of AHG Official Class A Uniforms and AHG Official Class B Uniforms is not encouraged, but may be permitted on rare occasions (i.e., one Unit is planning a messy activity, but others are not).



For additional questions on uniforms, please contact your **Hometown Mentor** or **Troop Coach**.