



One of the most important skills a spy needs is the ability to create good disguises. You don't always need fancy equipment or costumes to pull this off. In fact, an easy way to disguise yourself is not to change your clothes but the way you move your body.

What to do:

- First, spend time studying other people.
- Pay attention to how different people around you sit, stand, and move. Notice how they use their hands to gesture when talking and what facial expressions they have.
- Practice these different techniques in a mirror or in public when nobody's watching:
 - Walk with your toes pointed in – this is called pigeon-toed.
 - Walk with your toes pointed outwards – this is called bow-legged.
 - Take long, fast strides. Try standing up as tall as you can and swinging your arms while you walk.
 - Take short, slow steps. Try shuffling your feet, slouching over, and keeping your hands in your pockets while you move.
 - Add a limp to your walk. Make sure you remember which leg you're limping with. Changing your limp could give away your cover!

Other tips and techniques:

- Try to avoid having your picture taken. You don't want anyone to have a clear image of you or where you've been. One good trick is to sneeze. This will almost always get you out of camera range.
- When you're walking in a brightly lit area, try to keep your head down so people can't see your face.
- Carry a quick and handy disguise with you. A reversible coat is great and so are hats and sunglasses. All of these things can be put on quickly and can easily change your whole look!
- Some of the best places to find good disguise items are thrift stores. Walking around in brand new clothing looks odd. Plain, well-worn clothing will help you blend into a crowd and appear almost invisible. Clothing that doesn't stand out in any way will make it more difficult for others, especially counterspies, to spot you.



There are a few things you should keep in mind when choosing clothing for a disguise.

- Your clothes shouldn't draw attention to you.
- Your disguise should always fit your situation. If it makes sense for your clothes to be either dirty or clean, make sure that's the way they look. For example, it wouldn't make sense for a businessperson to have on a dirty shirt!
- If your disguise shoes are too big on you, try stuffing cotton balls in the toes or wearing thick socks. You may even need to layer another pair of socks on your feet to make the shoes fit right. You don't want to trip over your feet at the wrong moment!
- You can also use padding to change the shape of your body. This will make it even more difficult for people to give a correct description of you. This is also helpful if the clothing you find at the thrift store is too big for you.

What You Need:

Scarves
String
Hand towels
Pillows or cushions

What to Do:

- Wrap the scarves around your arms and legs, and use the string to secure them in place.
- Try wrapping the towels around your shoulders or along your back to make your body appear wider. Use the string to tie them into place.
- Use more string to tie pillows or cushions around your waist. This will make you appear much larger than you actually are.
- Finally, put your disguise clothing on over the padding.

