

Métis Sash



The Métis sash is considered by many Métis to be a visible symbol of Métis identity. It was originally known as *une ceinture fléchée* (or *en saeñcheur fleshii* in Michif), meaning “arrow belt” because of the zig-zag pattern. They were created from European wool, using a First Nations finger weaving technique that is still often used today.

The sash was not just a decorative item. It was used for many practical purposes, such as the following:

- Holding the coat closed or the pants up
- Muffler or scarf
- Sling, bandage or tourniquet
- Washcloth
- Bridle/saddle blanket
- Trail marker or sewing kit (by removing the threads at the end of the sash)
- Pocket
- Back support when holding heavy objects
- A rope (useful to portage canoes)
- Identifying one’s kill in a buffalo hunt
- As a calendar system (threads were used to mark days on the trapline)

The sash is typically worn wrapped around the waist for men or over the shoulder for women. Today the sash is often worn as ceremonial dress to honour people for achievements and recognize membership in a Métis community.

Red – Is for the blood of the Métis that was shed through the years while fighting for our rights.

Blue – Is for the depth of our spirits.

Green – Is for the fertility of a great Nation.

White – Is for our connection to the earth and our Creator.

Gold - is for Prosperity and Honor.

Small strands of **Black** - Represents colonization, the loss of our language, Cultural disconnect, Residential Schools,...

Learn more about the Métis sash here:

[**The Métis Sash – YouTube**](#)

[**Elder Elize Hartley talks about the Metis Sash**](#)

[**Keith Diakiw and Josh Morin - Métis Culture**](#)