



# Kyla Groeschel's School of Highland Dance

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## Dancer's Checklist

Need a quick checklist on your way to a competition? We've got you covered!

### Highland costume (girls):

- ◇ White eyelet blouse or Dickie
- ◇ Velvet vest or jacket
- ◇ Suspenders (optional)
- ◇ Kilt
- ◇ Dance Trunks (black or complimentary dark color)
- ◇ Kilt Hose (white or tartan)
- ◇ Garters
- ◇ Ghillies

### Highland costume (boys):

- ◇ Balmoral
- ◇ White shirt
- ◇ Bow tie
- ◇ Vest and/or Jacket
- ◇ Cumberbund with Prince Charlie
- ◇ Kilt
- ◇ Sporrán
- ◇ Belt
- ◇ Dance Trunks (black or complimentary dark color)
- ◇ White socks
- ◇ Flashes
- ◇ Ghillies

### National costume:

- ◇ Plain white blouse
- ◇ Velvet vest (don't forget the ribbon to lace it up!)
- ◇ Plaid and broach
- ◇ Tartan skirt
- ◇ White petticoat
- ◇ White socks or nude hose
- ◇ White dance trunks
- ◇ Ghillies

### Irish Jig:

- ◇ Dress outfit (may be one piece or two pieces)
- ◇ Apron
- ◇ White Socks
- ◇ Jig shoes
- ◇ Hair ribbon (optional)
- ◇ Cumberbund and tie (optional)
- ◇ White dance trunks

### Sailor's Hornpipe:

- ◇ Hornpipe pants
- ◇ Hornpipe top
- ◇ Dickie
- ◇ White or blue long socks
- ◇ Ghillies
- ◇ Hornpipe Hat
- ◇ Black Tie (optional)
- ◇ White dance trunks (with white outfit)



### Other Competition

#### Necessities for the Dancer:

- ◇ FUSTA card  
*don't leave home without it!*
- ◇ Ghillie covers
- ◇ Safety pins
- ◇ Number tacs (optional)
- ◇ Hair pins and Hair Net
- ◇ Hairspray and/or gel
- ◇ Traveling sewing kit
- ◇ Tide pen
- ◇ Sunscreen (for outdoor competitions)
- ◇ Extra shoelaces
- ◇ Directions to the venue
- ◇ A copy of your entry form and order of dances
- ◇ iPod (optional)
- ◇ Foam dance squares (optional)
- ◇ Practice Swords
- ◇ Ice packs (never a bad idea)
- ◇ Lipstick
- ◇ Comfortable clothes to change into after the competition
- ◇ Water

#### For the Comfort of the Family:

- ◇ Pop-up tent for outdoor competitions
- ◇ Blanket
- ◇ Collapsing chairs
- ◇ Cooler with drinks and snacks
- ◇ Roll of paper towels
- ◇ Camera and cell phone

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