

Mackinnon Dance Academy – Scottish Highland Dancer’s Competition Checklist

(Note – This list is provided for informational purposes only and is subject to change. Last Revised 04.21.15)

DON’T FORGET ...

- FUSTA CARD**
- GHILLIES (All Groups)**
- JIG SHOES (Intermediate/Premier)
- Prescription Medication
- Dancer’s Entry # and Entry Ticket
- Copy of Entry Form & Payment
- Directions to Competition
- Camera
- Bottled Water
- Snacks
- Make Up (eyeshadow, eye liner, mascara, blush, lipstick/gloss)
- Hair Up in a Bun (no bangs down)
- Foam Practice Mats (at least 4)
- Portable Practice Swords
- MacKinnon Warm Ups
- Garment Rack (if needed)
- REMOVE ALL JEWELRY INCLUDING EARRINGS!
- NO TEMPORARY TATTOOS
- REMOVE NAIL POLISH!

COMPETITION EXTRAS (you can make up a kit using travel size items and leave all items together so you aren’t having to repack for every competition!)

- Bobby Pins
- Safety Pins
- Hair Spray
- Spray Bottle (water)
- Hair Nets
- Rubber bands/Hair Bands
- Brush
- Comb
- Extra Socks
- Tide Pen
- Q-Tips
- Make Up (eye shadow, eye liner, mascara, blush and lipstick/gloss)
- Make Up Remover
- Nail Polish Remover
- Extra Elastic or Shoe Laces
- Scissors
- Small Hair Claw Clips
- Kleenex
- Emory Board (Large Nail File) or Sandpaper for sole of Ghillies that need some roughing up for slippery stages

FOR OUTDOOR COMPS ... MAY WE ALSO SUGGEST ...

- Blanket
- Chairs
- EZ UP Type Canopy (if allowed)
- Portable Dressing Room
- Sunscreen

HIGHLAND (Female – All Groups)

- Highland Vest **OR** Jacket
- White Highland Blouse (or Dickie attached to tank top for under Jacket)
- Kilt (kiltie is OK for Primary & Beginner dancers only)
- Hose (white knee socks are OK for Primary & Beginner dancers only)
- Garters (for Hose)
- Suspenders (for kilt – if needed)
- Dance Briefs (black)
- Ghillies
- Hair Up in Bun (no bangs down)

NATIONAL (Female – Beginner, Novice, Intermediate, Premier)

WHITE DRESS = OPTION #1 (Beginner/Novice)

- White Dress
- Plaid and Broach
- White Underskirt
- Dance Briefs (white)
- White Socks (ankle or shorter)
- Ghillies
- Hair up in Bun (no bangs down)

ABOYNE (NATIONAL) = OPTION #2 (All Groups)

- Aboyne Skirt
- White Underskirt
- White Aboyne Blouse
- Aboyne Vest with Lace up Tie
- Plaid with Broach
- Dance Briefs (white)
- White Socks (ankle or shorter)
- Ghillies
- Hair Up in Bun (no bangs down)

MackInnon Dance Academy – Scottish Highland Dancer’s Competition Checklist

(Note – This list is provided for informational purposes only and is subject to change. Last Revised 04.21.15)

SAILOR’S HORNPIPE (Female – Novice, Intermediate, Premier)

- Hornpipe Hat
- Hornpipe Tunic with Black Tie
- Hornpipe Pants
- Dance Briefs (white = if you are wearing a white hornpipe)
- Socks (white knee socks)
- Ghillies
- Hair Up (no bangs down and should be either secured under the hat or in a very low bun just above the neck)

JIG (Female – Intermediate & Premier)

OPTION #1 (Dress)

- Jig Dress (one piece, red or green with white trims are acceptable)
- White Underskirt
- Cumber band (optional)
- Dance Briefs (white)
- White Apron
- Jig Shoes (red, green, red/green, or black are acceptable)
- White Socks (ankle or shorter) OR Tan / Nude Tights
- 1 Plain Ribbon Tie for Hair (red, green, or white)
- Hair Up in Ponytail (no bangs down OR you may leave it up in a bun)

OPTION #2 (Skirt)

- White Blouse
- Jig Skirt
- Vest (optional)
- Cumber band (optional)
- White Underskirt
- Dance Briefs (white)
- White Apron
- Jig Shoes (red, green, red/green, or black are acceptable)
- White Socks (ankle or shorter) OR Tan / Nude Tights
- 1 Plain Ribbon Tie for Hair (red, green, or white)
- Hair Up in Ponytail (no bangs down OR you may leave it up in a bun)

CHOREOGRAPHY ATTIRE (Intermediate & Premier)

- To be determined based upon the actual dance and music and by the Instructor while taking into consideration the rules of the actual competition.

GOOD LUCK

**MacKinnon Dance Academy’s
HIGHLAND DANCERS!**