



Highland Dress

Dressing Yourself:

Start by putting on the shirt and tie first, then proceed to the hose, flashes, shoes and sgian dubh.

The shoes (Ghillie Brogues) should be tied as follows: twist the laces 4-6 times at the front. Take the laces to the rear and duplicate the procedure again, this time twisting 2-4 times. Bring the laces round to the front or side and tie a bow approximately 100 mm (4ins) above the ankle bone.

The top of the hose, after they have been turned down, should be approximately 4 fingers-width from the bottom of the kneecap. The sgian dubh is placed at the outside of either the left or right leg, depending on your preference (or the hand you write with).

The kilt should be worn with the centre line of the outer front apron in line with either the centre of the waist belt buckle or the waistcoat. The kilt pin, if worn, should not penetrate both layers of the kilt apron as this will tend to tear them. It is sufficient to wear the pin through the outer apron only. Other than being decorative, its principle function is to weigh the outer apron from lifting in the wind.

The sporran sits such that its top is a full hand's width below the top of the kilt. The sporran belt is threaded through the sporran loops on the back of the kilt. Correctly made, these loops are quite small and are actually not for the waist belt.

Providing a waistcoat is not worn, the waist belt should be worn at the very top of the kilt or just a few millimetres below and, at the back, should hide the sporran belt. Please note that it is incorrect to wear a waist belt and a waistcoat together.

Jackets are normally shorter to show the pleats on the back of the kilt and to stop obstruction of the swing of the pleats when walking. The jacket sleeves are normally slightly shorter to show off the cuff of the shirt, except with day jackets. By rights, if the jacket and waistcoat are correctly made and fitted, they should cover nearly all of the waist belt. The waistcoat fit should be at least an inch or more over the top of the Kilt.

Garment flashes and ties are normally a plain colour rather than tartan, although an increasing number of Scots are now wearing tartan ties and flashes to match the tartan of the kilt.

Garment flashes are worn such that the inner edge is immediately above the shin bone although many Scots prefer to wear them at the outside of the leg.