

Guidelines and Suggestions for Square Dance Attire for Lessons and Dances

Personal cleanliness is important in square dancing. If possible always shower or bathe. Use your deodorant and don't forget to use something to sweeten your breath (mouth wash, chewing gum, mints, etc.). Avoid eating garlic or other offenders before attending.

Don't come to a dance, workshop or class if you have been drinking or under the influence of drugs, be they legal or not. Square dancing requires your best mental and physical alertness. Your coordination must be at its very best.

Male dancers please wear long sleeves. No one will deny they are warm; however, most will admit they don't enjoy grabbing a sweaty arm. Ladies should avoid wearing excessive jewelry, it can hurt. Everyone is expected to wear a name badge.

For the sake of your body's joints, you want to wear shoes with leather soles. Athletic shoes are comfortable, but, their soles don't slide on the floor. Although this is helpful in daily life, it puts unwanted stress on your knees when square dancing. Men might opt for western boots. Women, be sure to have shoes that support your arches so your feet don't get so tired. Square dance shoes can be ordered, they are a little expensive, but worth every penny.

If purchasing off the rack blouses for square dancing be sure to have sleeve insets with plenty of room so you can lift your arms up and out. Skirts or dresses are usual attire for women.

For men, there are western pants that have stretch in them. You can buy them at western wear stores (there is one in the Crossroads Mall in St. Cloud near the mall entrance to Macy's). Another source is Blair catalog. You can call them for a catalog. Men's western shirts are widely available. A recommended source is Mill's Fleet Farm where they are quite reasonable.

Couples might like to have matching clothing or accessories. Outfits or components can be ordered from square dance shops, sewn at home, or purchased at the MN state convention or Mid-Winter Magic which is held in January.