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For Your Feet

Reel Shoes
Heavy Shoes
Elastics
Spare laces
Rosin or duct tape
Socks

For Getting there

Competition Number
Feis Information
Directions

For Being Prepared

Number Holder
Safety Pins
Deoderant
Freshening Wipes
Tissues
Rubbish Bag
Pen
Scissors
Sellotape
First Aid Kit
Needle & thread

Your Costume

Trousers
Shirt
Tie
Cummerbund
or waistcoat

For Your Hair

Brush/Comb
Hair spray/Gel

For Fun

Camera
iPOD / MP3
Games/Books
Mascot !
Mobile Phone

For Bad Weather

Umberella
Coat / Fleece

Other Items

For You

Water
Snacks
Packed Lunch
