

Competitor Packing List

TO WEAR TO TAN

- Towel for car seats (*you don't want tan on your seats, trust me!*)
- Loose fitting sweats, long sleeve shirt with open neck (scoop is great!) and zip jacket (*I buy Lg sizes and cut off wrist cuffs so they don't rub against the tan. NOTE: DO NOT WEAR FLEECE; the fleece can rub off on your tan and stick.*)
- Flip flops

IF STAYING IN A HOTEL

- Old sheets and pillow cases so you don't ruin the hotel's stuff and get charged.
- Loose fitting pajama pants, long sleeve shirt
NOTE: DO NOT WEAR FLEECE, the fleece can rub off on your tan and stick.)

TO WEAR TO VENUE, DAY OF SHOW

- Loose fitting sweats, long sleeve shirt and zip up jacket (*I buy Lg sizes and cut off wrist cuffs so they don't rub against the tan. NOTE: DO NOT WEAR FLEECE; the fleece can rub off on your tan and stick.*)
- Flip flops
- Notepad & Pen to take notes during athletes meeting

PACKING LIST FOR THE DAY OF THE SHOW

- Rolling Suitcase (*you can't carry anything with a strap on your shoulder, it'll mess up the tan*)
- Federation card
- Registration packet
- Suit
- Shoes
- Jewelry
- Bikini bite
- Pam, original
- Shower cap (*to protect hair when doing makeup and/or tan*)
- Latex gloves (*for your trainer, to use to apply oil and/or bikini bite*)
- Baby wipes
- iPod/MP3 Player & earbuds
- Phone / Camera
- Electronics charger
- Hair dryer/Flat Iron/Curling Iron
- Extension cord
- Make up / Hair Cape (*or an old sheet*)
- Makeup

- Makeup sponges
- Makeup remover wipes
- Q-tips
- Stand-up Mirror
- Vaseline for teeth (*you'll be dehydrated and don't want your lips sticking to your teeth when you smile on stage*)
- Hair spray
- Comb / Brush
- Bobby pins (*if you have long hair*)
- Advil/aspirin
- Visine
- Small sewing kit with thread that matches your suit
- Safety pins
- Tweezers
- Scissors
- Wisps (toss-away toothbrushes)
- Nail file
- Nail clippers
- Nail glue
- Resistance bands
- Dixie Cups (remove bottoms and use to prevent splashing when urinating)
- Umbrella (*if you're in a rainy area. Check weather*)
- Body splash/mist (*can spray clothes you wait in, or your suit, but not your body*)
- Money
- Business cards - optional
- Pen/paper - optional

FOOD, ETC

- Water bottles with squirt tops
- Food & supplements
- Food utensils

FOR AFTER THE SHOW

- Change of clothes – loose clothing
- Underwear
- Deodorant
- Body Spray