

## Competitor Check List

- Posing suit
- Back-up posing suit
- Bikini bite or tape
- Tanning products
- Latex Gloves (for tanning)
- Oil
- Music (if competing as a bodybuilder)
  - usually routines are 60-90 seconds long
  - music must be appropriate and free of curses
  - always bring back-up music incase music does not play, or it gets misplaced
  - Try your best to not touch CD with oily hands. Music will NOT play
  
- Heels
- Jewelry
- Hair Products/makeup
- Scissors
- Resistance bands
- Food: pump up food, food for the day (normal meals), water, juice
  - recommended that you pack measuring cups and spoons
  - try to pack a variety of foods as you do not know what you will need before you go on stage
- Extra money for trainer pass and any fees you haven't paid for the competition
- Towels
- Camera (you worked your butt off, take lots of pics 😊)
- iPod or mp3 player. Listen to music, stay calm but focused.
- Comfortable and loose clothes to change into between pre-judging and evening show
- Sheets if you are staying at a hotel

## **Some Tips for the day of your competition**

- Pack the night before so you are not rushing around the morning of.
- Be as organized as you can so if you need anything quick, it is easily located.
- Arrive early to check-in so you can set up your spot and get comfortable.
- Pay attention at the competitor meeting.
- Try to tan as early as you can so the tanner settles into your skin.
- Take pressure off your legs and sit down as much as you can.
- Get to the pump up/prep room with plenty of time.
- Run through your posing a few times.
- Try to relax...don't stress too much!