



COMPETITOR CHECKLIST



WHAT TO BRING:

ATHLETE CHECK-INS

- PHOTO ID
- CREDIT CARD & CASH
- PROOF OF NPC CARD
- SUIT *(IF BOTTOMS BEING CHECKED)*

TANNING

- LOOSE FITTING, DARK CLOTHES
- FLIP FLOPS / SANDALS
- HAIR TIE OR CLIP
- DARK SHEETS
- PAPER TOWELS / WET WIPES
- CUP TO PEE *(IF YOU USE THESE)*

TOUCH UP STUFF

- HAIR SPRAY
- FALT IRON OR CURLING IRON
- BOBBY PINS
- COMB
- DRY SHAMPOO
- LIP GLOSS
- BABY POWDER

SHOW DAY

- SUIT
- SHOES
- JEWELRY
- COMPETITOR NUMBER
- BACKUP SUIT *(IF YOU HAVE ONE)*
- SAFETY PINS
- SILK ROBE OR LOOSE CLOTHES
- OPTIONAL:*
- BIKINI BITE & GLAZE

EXTRA BACKSTAGE STUFF

- TOWEL/BLANKET TO LAY ON
- RESISTANCE BANDS
- CANDY *(FOR PUMP UP, IF COACH ADVISES)*
- HEADPHONES
- PHONE CHARGER
- GUM OR VASELINE
- EXTRA CARBS/PROTEINS/FATS
- BOTTLE OF WATER TO SIP
- BUSINESS CARDS... *TO NETWORK;*)

