



Competition Day Checklist



Make sure to bring with you:

- Baby Wipes (You won't want to wash your hands because of tan)
- Hand Sanitizer
- Jewelry
- Clothes for after competition
- Stripper heels
- Competition Suits/ Theme wear suits and props
- Lip gloss
- Food for the day
- Water Bottle
- Deodorant
- Perfume
- Camera
- iPhone charger
- Rice Cakes and Peanut butter/jam
- Bands to pump up backstage
- Brush
- Comfy loose black clothing for tanning
- Bring a shower cap for tanning
- Funnel from dollarama (to pee, trust me)
- Hairspray
- Headphones if you like to get in the zone before stage
- Extra makeup
- Gum
- Bikini Bite
- Cash
- Extensions if you are wearing
- Q-Tips
- Towel
- Silk Robe (during half time so you can walk outside without ruining your tan)
- Tweezers
- Supplements