

Day Of Show Checklist

Before you get there

- All competitors must wear their competition suits to check-ins
- NPC card — can purchase online at npcnewsonline.com. We recommend you purchase before you go to check-ins. Have a picture (copy) of your NPC card on your phone. For quick and easy access, save it in your favorites.
- Download the MuscleWare App & subscribe to show.

- Wear your warmups & flip flops
- Loose t-shirt or tank (or robe cover up)

Pack Your Gym Bag

- Change of clothes for after the show
- Toothbrush, toothpaste
- Towel
- Music — back up copy music on CD or flash drive if you are doing a posing routine

- Phone, charger
- Tanning Products - if doing it yourself we recommend our exclusive partners' LSR Competition Bronzer Mousse (this kit comes with everything you need)
- Hair stuff — brush, comb, hot iron, blow dryer, mirror
- Posing suit (2) (includes back up suit)

Females Only

- Boobs!
- Shoes (2) (includes back up pair)
- Jewelry — earrings (2 pair), bracelet (2), ring (2) (includes back up jewelry)
- Make up — including eyelashes & glue — including nail polish and press on nails for emergency
- Vaseline for lips
- LSR Stick It, Bikini Glue
- Safety pins, needle & thread, scissors, sequin glue

- Tampons — can't tell you the number of girls who start their cycle the day of the show!

For the Hotel Room

- Sheets — if you are staying in a hotel, bring a set of dark sheets, pillowcase, hand towel and bath towel
- Plastic wrap to cover toilet seat — to avoid getting tanning product on seat

Take to the Show

- Gym bag you packed
- Directions to venue
- Water
- Cooler with food for the entire day. Include vitamins, plastic utensils, baggies, paper towels. Please accept that you may be eating most of your food cold for the day.
- Confidence & a smile! You're going to do great!