

Shaping Bodies...It's what we do.

COMPETITOR DAY OF SHOW CHECKLIST



BEFORE YOU GET THERE

- NPC card — purchase online at npcnewsonline.com. We recommend you purchase before check-ins and save a copy on your phone.
- Wear your warmups & flip flops
- Loose t-shirt or tank (or robe cover up)
- Directions to venue
- Phone fully charged
- Water



PACK YOUR GYM BAG

- Change of clothes for after the show
- Toothbrush, toothpaste
- Towel
- 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)
- Music - back up copy of music on flash drive if doing a posing routine (MBB, WBB, CP, WP, Fitness)



FEMALES ONLY

- Boobs! Inserts for your bikini top
- 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!



EMERGENCY KIT

- Extra posing suit connector
- Double-sided fashion tape
- Portable phone charger
- Extra earrings
- Stain remover wipe
- Small sewing kit
- Cash / Card
- Safety pins



YOU'VE PUT IN THE WORK.
Now it's time to shine.

Group Posing & One on One Posing at
TRAINWITHPAYNE.COM

