

COMPETITION / TRAVEL CHECKLIST

SUITCASE (CHECKED)

- Sheets with pillowcase (Queen and or King depending upon your hotel room)
- Disposable towels – for tanning product – Dollar Store towels
- Disposable Plastic Cup(s) – for tanning product
- Long Sleeve Shirt to sleep in
- Sweat pants to sleep in
- Pain Reliever
- Casual Clothes – including outfit for registration, jump suit, swimsuit cover-up
- Tennis Shoes (CLEAN in case needed for photo shoot)
- “Going Out” clothes
- Casual swimsuits
- Work out clothes
- Socks
- Swimsuits – NON-competition or Model swimsuits to use for MEDIA DAY
- Swimsuits for possible photo shoots
- Heels to go with swimsuits – DOES NOT have to be clear heels
- Accessories for swimsuit(s): earrings, bracelets, necklaces, hats, etc.
- Workout outfits for possible photo shoots
- Any other attire for photo shoots
- Cash for souvenirs, etc.
- Business Cards
- Comp Cards

COMPETITION / TRAVEL CHECKLIST

“FOOD” SUITCASE (CHECKED) OR AS CARRY ON COOLER

- Igloo Packs placed around food – ONLY ALLOWED IN SUITCASE – SECURITY WILL CONFISCATE IF TRYING TO CARRY ON
- Travel Cooler
- Protein:** Amount for designated amount of days in zip loc bag
- Veggies:** Amount for days of travel in zip loc bag
- Carbs:** Amount for days of travel in zip loc bags – 2 oz. sweet potato in each zip loc bag, labeled 2 oz.
- Fruit:** Amount for days of travel
- Tupperware:** 3 to 4 sets / enough for one days worth of meals
- Measuring Cups – ¼ cup, 1 cup
- Utensils, napkins
- Sponge
- Small travel size liquid soap to wash Tupperware and in zip loc bag

"STAGE" SUITCASE

THIS SUICASE IS ALWAYS AS A "CARRY ON" WHEN TRAVELING!!!!

& INCLUDES ALL COMPETITION OUTFITS!

TRAVEL / COMPETITION DOCUMENTS

- Travel Itinerary
- Hotel, Transportation Information and printed confirmation numbers,
- Contact Information, confirmation numbers, copies of deposits/payment receipts and appointment times for: Hair, Makeup, Spray Tanning, Photography, etc.
- (2) Copies of each division entry form and photos
- Confirmation of payment of entry forms for each division
- 3 copies of Routine Music on CD's
- Meal Plan for competition

KIT

- Pins, safety pins, sewing kit, double stick tape, glue, Icy Hot, Kleenex & vaseline
- Hair Pins, barrettes, pony-tail holders, extensions
- Curling Iron/Flat Iron
- Nip covers
- Bikini Bite
- False Eyelashes
- Lipstick and lipliner
- Additional Makeup
- Gloves – 3 pairs
- Puffs to apply tanning product
- Tanning Product – in two zip loc bags – if traveling via airplane, pour into sets of 3 ounce containers and **pack in carry on**
- Disposable Plastic Cup(s)
- Dream Tan (preferably), Pam spray or Glaze to lightly apply on top of tanning product day of show

“STAGE” SUITCASE CONTINUED

THIS SUITCASE IS ALWAYS A “CARRY ON” WHEN TRAVELING!!!!

COMPETITION OUTFITS - ALL IN ZIP LOC BAGS--Labeled with YOUR NAME IN PERMANENT MARKER!!

MS. BIKINI

- Themed Sportswear:** top, bottoms, shoes, accessories
- Bikini**
- Swimsuit Heels**
- Swimsuit accessories:** earrings, bracelets, etc.

MODEL

- Clubwear:** Outfit, shoes and accessories
- Swimsuit**
- Swimsuit Heels**
- Swimsuit accessories:** earrings, bracelet(s)
- Sportswear:** Top, bottoms, shoes, accessories

FIGURE

- Swimsuit**
- Swimsuit accessories:** Earrings, bracelet(s)
- Swimsuit Heels**

FITNESS

- Routine Outfit:** Top, bottom, knee pads (if required), PROPS
- Routine Shoes** and Socks
- Ponytail holder(s)**, barrettes, bobby pins
- Swimsuit**
- Swimsuit Heels**
- Swimsuit Accessories:** earrings, bracelet(s),
- Routine Music x 3**
- iPod with music on it