

# Bikini Mama Fitness

🏋️ Managing the fit life one rep at a time 🏋️

## Bodybuilding Competition Packing List

✓	Pack Items	✓	Pack items
<input type="checkbox"/>	CASH, Driver's license, debit/CC	<input type="checkbox"/>	PHONE CHARGER
<input type="checkbox"/>	Meal Plan & Coach's Peak Week Plan	<input type="checkbox"/>	Stage make up
<input type="checkbox"/>	Venue address and directions	<input type="checkbox"/>	Nail glue
<input type="checkbox"/>	Hotel address and directions	<input type="checkbox"/>	Bobby pins
<input type="checkbox"/>	NPC Card	<input type="checkbox"/>	False eyelashes and glue
<input type="checkbox"/>	Tanning schedule	<input type="checkbox"/>	Hair extensions (if you wear them)
<input type="checkbox"/>	Hair and make-up schedule	<input type="checkbox"/>	Hairbrush and comb
<input type="checkbox"/>	Schedule for the day	<input type="checkbox"/>	Shampoo and conditioner, hair products
<input type="checkbox"/>	Copy of entry form	<input type="checkbox"/>	Beauty Blotting Papers for shiny face
<input type="checkbox"/>	Contest Tickets	<input type="checkbox"/>	Rollers
<input type="checkbox"/>	Team jumpsuit or robe	<input type="checkbox"/>	Hairspray
<input type="checkbox"/>	Black tank top or loose black shirt	<input type="checkbox"/>	Curling Iron or flat iron
<input type="checkbox"/>	Stage bikini in ziplock bag or cupcase	<input type="checkbox"/>	Toothbrush and toothpaste
<input type="checkbox"/>	Extra bikini or suit	<input type="checkbox"/>	Mouthwash
<input type="checkbox"/>	Stage heels	<input type="checkbox"/>	Dental Floss
<input type="checkbox"/>	Bling-bling stage jewelry	<input type="checkbox"/>	Mini sewing kit
<input type="checkbox"/>	Dark loose pants and top for tanning	<input type="checkbox"/>	Scissors
<input type="checkbox"/>	Robe for tanning	<input type="checkbox"/>	Nail file and clippers
<input type="checkbox"/>	Clothes for posing practice	<input type="checkbox"/>	Tweezers
<input type="checkbox"/>	Black sheets for hotel	<input type="checkbox"/>	Tampons
<input type="checkbox"/>	Black hand towel or old towel	<input type="checkbox"/>	Razors
<input type="checkbox"/>	Black fitted dress for after the show	<input type="checkbox"/>	Q-tips
<input type="checkbox"/>	Shoes for after the show	<input type="checkbox"/>	Flip-Flops
<input type="checkbox"/>	Red cups for bathroom breaks	<input type="checkbox"/>	Umbrella
<input type="checkbox"/>	Blanket and pillow for backstage	<input type="checkbox"/>	Vaseline for teeth
<input type="checkbox"/>	Tall mirror for backstage	<input type="checkbox"/>	Sugarless gum
<input type="checkbox"/>	SUPPLEMENTS	<input type="checkbox"/>	Tubing to pump up prior to stage
<input type="checkbox"/>	FOOD LIST FROM YOUR COACH	<input type="checkbox"/>	Earphones
<input type="checkbox"/>	Any pack items from your coach	<input type="checkbox"/>	Cash cash cash
<input type="checkbox"/>	Any personal meds, ibuprofen	<input type="checkbox"/>	Clothes
<input type="checkbox"/>	Condiments, salt/pepper	<input type="checkbox"/>	Shoes
<input type="checkbox"/>	Plastic utensils	<input type="checkbox"/>	Bras and panties
<input type="checkbox"/>	Folding chair for backstage	<input type="checkbox"/>	Treats for AFTER the show
<input type="checkbox"/>	Camera	<input type="checkbox"/>	
<input type="checkbox"/>	External battery charger for phone	<input type="checkbox"/>	
<input type="checkbox"/>	Food bag, cooler bag	<input type="checkbox"/>	