

Competitors Checklist

Use this checklist to stay organised and note what you need to purchase before show day.

Some items* are worth purchasing twice (such as a spare pair of heels) just in case of any mishaps; however, they are not paramount
If you have the means to buy extra, it may be useful to have spares!

Items	Purchased?	Packed?	Costs / budgeting
1. Rolling suitcase / overnight bag			<div style="border: 1px dashed black; height: 100%; width: 100%;"></div>
2. Bikini			
3. Spare bikini*, spare connectors			
4. Heels			
5. Spare heels* / shoe straps			
6. Jewellery (earrings, bracelets, rings)			
7. Hair extensions			
8. Straighteners / curling iron			
9. Hairspray and brush / comb			
10. Hair grips / bobbles			
11. Shower cap / hair net			
12. Backstage robe			
13. Loose (black) pants and top			
14. Flip flops / sliders			
15. Black towel			
16. Black bedsheet / duvet cover			
17. Thick socks			
18. Money			
19. ID / passport			
20. Phone charger / battery pack			
21. Camera			
22. AirPods			
23. Safety pins / mini sewing kit			
24. Bikini bite			
25. Tampons			
26. Stick on nails / acrylics			
27. False eyelashes + glue			
28. Bikini inserts / teddy bear stuffing			
29. Tissues / baby wipes			
30. Hoodie / black jumper			
31. Water bottle, instant coffee			
32. Meals - this will vary, prep some extras			
33. Supplements			
34. Shaker			
35. Plastic cup			
36. Cutlery, tupperware and food scale			
37. Spare makeup supplies			
38. Tanning mit and tanning product			
39. Sanex zero bodywash			
40. Razor			
41. Shampoo / conditioner			
42. Competitor number			
43. Resistance bands			
44. Pillow			
45. Post show outfit			
46. Compact mirror			
47. Tweezers			
48. Glaze			
49. Exfoliating mitt			
50. Zip lock bags			
51. Pink salt			
52. Teeth whitening strips			