

BIKINI COMPETITION CHECKLIST

Wks out	To Do - Before Show Day
12	<input type="checkbox"/> Federation membership Check your Federation membership is up to date / valid. If you havent joined a Federation yet... work out which one you want to join and what divisions you want to enter. Ask your friends, your coach, or google.
12	<input type="checkbox"/> Find a coach Coaches can help with posing, diet, excercise and other competition preparation, with many specializing in specific federations.
12	<input type="checkbox"/> Enter the Competition Once you decide which Division and Class you want to enter you'll need to register for the show in advance. If you're not 100% sure you will compete, you can wait til later, but find out if there is a cut off date for entering the show.
10	<input type="checkbox"/> Read the Federation's rules This is worth doing upfront because it may affect the type and style of the suit and shoes that you purchase.
9	<input type="checkbox"/> Membership card Make sure you have your membership card for your Federation / organization.
8	<input type="checkbox"/> Buy competition heels The earlier the better so you get enough time to wear them in and practise walking and posing in them. Be sure to check your Federation's rules before buying.
8	<input type="checkbox"/> Order your posing suit From Muscle Dazzle, of course! :) We also offer practise suits, which adjust throughout your prep, as your weight changes.
7	<input type="checkbox"/> Break in your shoes If you buy new heels for your show, you should start wearing them once you receive them. You definitely want to be comfortable in your heels by show day.
7	<input type="checkbox"/> Buy things! Check through this checklist to see if there is anything you need to buy. Do it early... deliveries can take time.
5	<input type="checkbox"/> Organize tickets for family and friends Remember that some shows do sell out, so don't leave it too late. Also, remind everyone that it can be a long day... so they should bring something to amuse themsleves during the breaks.

Wks out	To Do - Before Show Day
5	<input type="checkbox"/> <p>Prepare music If you need music for your solo stage routine, prepare it so you can start practising.</p>
4	<input type="checkbox"/> <p>Book your hotel if needed Be aware that the closest hotels to the venue may be popular the night before a big show. Also consider getting a refundable booking... just in case. Be aware that not all hotel rooms have cooking facilities, or even fridges.</p>
4	<input type="checkbox"/> <p>Organize transport to / from the venue You may need to hire a car, book a flight etc. Be aware of cancellation policies, just in case.</p>
4	<input type="checkbox"/> <p>Schedule makeup appointments Some shows will have makeup artists at the venue, but you'll need to pre book. Or you can make your own arrangements with a makeup artist. Just make sure they are familiar with stage makeup.</p>
4	<input type="checkbox"/> <p>Practise stage makeup If you are looking to do your own makeup on the day and you aren't familiar or comfortable with putting on makeup for stage conditions you may wish to practise.</p>
4	<input type="checkbox"/> <p>Organize / undertake polygraph This is only required by some natural organizations. You will receive instructions from the Federation.</p>
4	<input type="checkbox"/> <p>Think about transporting your themewear to the show If you have wings... how will you pack them? Make sure you have a hard case if you have delicate items.</p>
4	<input type="checkbox"/> <p>Book your competition tan sessions If you are using the tanning service at the venue then you may need to book it.</p>
4	<input type="checkbox"/> <p>Book your hair appointment If you are getting your hair done professionally on the day then you will need to book it. Some competitions have a preferred hairdresser who may be located at the venue on the day.</p>
4	<input type="checkbox"/> <p>Book appointment with photographer Some competitors like to organize their own photoshoots (in addition to the show day photographers) to take advantage of their fabulous form.</p>

Wks out	To Do - Before Show Day
4	<input type="checkbox"/> Backstage assistant If you have arranged for an assistant to help you on show day, make sure you've made all necessary arrangements for them. ie confirmed availability, travel arrangements etc
3	<input type="checkbox"/> Show day music If your Federation includes a performance round using your own music, send it through to them as requested.
3	<input type="checkbox"/> Check your camera If you are taking a camera, check its working and you have the charger and cords ready.
3	<input type="checkbox"/> Read all competition information ie instructions and brochures that the Federation / promoter has provided you.
2	<input type="checkbox"/> Make an appointment for bikini wax About 3-7 days out from competition day. This will definitely give better results compared to shaving.
2	<input type="checkbox"/> Hair removal Shave, wax or epilate legs, arms, armpits and bikini line, as required.
1	<input type="checkbox"/> Grocery shopping Buy all the food you will need for show day.
1	<input type="checkbox"/> Get your nails done A French manicure is a safe bet. Long nails can make some things more difficult.
1	<input type="checkbox"/> Start tanning if needed Exfoliation is the first step.
1	<input type="checkbox"/> Address of the venue I recommend checking before show day that your phone or GPS can work out directions to the competition venue.
0	<input type="checkbox"/> Attend pre show day checkin Only if available. This will be one less thing to worry about on show day.
0	<input type="checkbox"/> Set your alarm Especially if you have an early start! You'll have a lot on your mind and may not get a perfect nights sleep. Sleeping in would be a bad start to the big day!

To Do - Show Day

Be on time

Get to the venue in plenty of time for the check in / registration.

Competitors' meeting

Its always worth attending the competitors' meetings to get a reminder of important information and rules.

Hand in your routine music

Only as required.

Spray tan

Schedule an appointment for your spray tan, if needed.

Random But Important

Directions

Dont' forget to bring the address / directions the competition venue.

Driver's license

May be required to prove your age if you are entering a Masters or Teen division. A proof of age card should be fine if you dont have a driver's license.

Federation card

If you have a physical card for your Federation / organization.

Competitor number

You will either receive your contest number in the mail after registration, or on the day. You will be told where to pin it. If in doubt check where everyone else pins it and make sure its easily visible.

Routine music

If you are required to provide your own music for a routine. Make sure it works and its in the format they want it in.

Competition registration form

You may need to show this on the day. Its always good to have some proof of entry with you, in case youre not on the list.

Entry Tickets

Don't forget to bring your pre-purchased show tickets for you, your family and friends.

Random But Important

Other registration info

Bring along any other information you were sent.

Show day timetable

If you were sent a schedule before show day, dont forget to bring it on the day.

Your backstage assistant

If you have a show day helper make sure you've told them everything they need to know. 'Where', 'when', 'how', etc

Money

Cash and credit cards, just to be safe. Some expenses on the day might include: entry tickets, photoshoot, tanning, food, etc

Cell phone

Your multi talented mobile phone is likely to be your: navigation, hotel booking, confirmations, event updates, photos, etc. Luckily nobody ever forgets to bring their phone anywhere these days!

Headphones / earphones

If you want to chill out and listen to some music during the day. Dont forget to tee up your playlist before show day. Remember there may be no wifi for streaming.

Phone charger

Its a long day and you may be on your phone quite a bit.

Power pack for phone

You may also want a power pack for your cell phone so you're not tied to a power point while your phone charges.

Camera

Comp day is a special day, so remember to capture some great memories. These days phone cameras take pretty awesome photos and videos but they can struggle if youre 30 feet away on stage. If you do decide to take a 'proper' camera just remember that some shows don't allow cameras with removable lenses to take stage photos. Usually because the official photographer has an arrangement to take and sell photos. However, you should be fine taking photos when you're not on stage.

Extension cord

When everybody's phone and camera batteries run down then available power points can get pretty popular and crowded!

Rolling suitcase

Keeping all your stuff in one bag or suitcase is the best option. Make sure it has wheels otherwise you'll be doing a show day workout!

Random But Important

Padlock

Bring a little padlock if you're worried about keeping your suitcase secure. You won't be with your case all the time and you really don't want to lose anything on the day.

A pen

For filling out random forms, promotions, entry forms, etc.

A book

Basically something to read or do. Its a long day, so be prepared.

Eyeglasses / contact lenses

A spare pair of contact lenses is probably a good idea too.

Double adaptor

If all power points are being used... you can always push in if you have a double adaptor!

Resistance bands

Also known as warm up bands or exercise bands. You'll need them to pump up before getting on stage. Dumbbells are an alternative (especially for Figure competitors) but remember that some venues do not allow weights. Given that you're only pumping up (and not working out) resistance bands are all you will need... and they're easier to carry too! Some venues do provide weights / bands in a designated area, but its best not to rely on it.

Headache tablets

Just in case the water depletion and diet catch up with you! Also don't forget to bring any medicines you typically need.

A pee cup

This is basically a paper or styrofoam cup with a small hole in the bottom, used in the toilet to avoid pee messing up your tan with streaks and splash marks. You can buy upmarket versions if you like, such as the 'She Wee'.

Disposable toilet seat cover

So you avoid staining the toilet seat with tan if you need to sit on the toilet at the venue or at your hotel. You can use either use a disposable toilet seat cover or some plastic cling wrap from your kitchen.

Some plastic bags

Always useful for dirty clothes, food containers, towels etc. Use either zip lock bags or supermarket bags.

Super glue

Useful in a surprising amount of situations.

Random But Important

Rubber mat or blanket

Something comfortable to sit on will be very welcome during the long day.

Umbrella

You may not mind getting a bit wet in the rain, but your tan will! Even walking from the carpark into the venue could be tricky without an umbrella.

Band-aids

Obviously useful if you cut yourself. But also helpful to prevent blisters if you haven't fully broken in your heels.

Promotional material

If you are looking to promote to yourself to potential sponsors or agents then come prepared with your promo material as well as business cards.

Static Guard

If your competition includes a dress round then Static Guard (or similar brand) will prevent static cling.

Post show celebration

If you're planning to head straight out after the show remember to bring everything for your well earned celebration!

Other things YOU want or need

Have a think if there's anything else you'll want to bring. This list covers a lot but everyone has specific things they want or need!

Things to Wear

Your posing suit

Be sure to bring it in its box or carry case so it doesn't get squashed. It's highly recommended to bring a back up suit if you are able to. If your suit came with extra crystals and glue, bring them too.

Competition jewelry

Don't forget to bring a little extra sparkle with your earrings, bracelets and rings. If you're looking for ideas... have a look online for photos of other competitors in your Federation.

Stage shoes

If you have a spare pair it's worth bringing them too, just in case.

Things to Wear

Theme wear

If your Federation has a themewear round don't forget your theme wear clothes plus any props you use.

Bikini Bite

To glue your suit in place on your bum and possibly your breasts. Bikini Bite is probably the most popular option, but there are other roll-on and tape alternatives.

Flip flops or slippers

Something to wear before you put your heels on, so you stay comfortable and clean. Shoes are not recommended as they are harder to put on and off and can mess up the tan on your feet.

Backstage clothes

You will want to use loose fitting clothes which won't affect your tan. Typically this will be sweat pants, t-shirt, hoody, competition robe or even pyjamas. Remember that it can be cooler or warmer than you expect... be prepared. Make sure your tan is 100% dry before putting clothes on.

Sewing kit

You never know what little emergency you may need to fix. Most kits include: safety pins, needle and thread, scissors, fabric or super glue. Preferably bring some thread that matches your suit.

Scissors

If your sewing kit only has a tiny pair of scissors you may wish to bring some larger ones. They will come in handy if you need to cut off any excess straps once you get in your suit.

Stain remover stick

For spot cleaning any dirty marks or stains. Try to get a dry stick version.

Spare bra and panties

Clothes for photoshoot

Many competitions have a professional photographer set up for photoshoots on the day. Or you can always take your own pics around the venue too. Either way... have a think about what you want to wear if youre going to take some pics in peak form!

Clothes to leave the venue in

Its a long day and you may want to head out of the venue for a bit.

Things to Wear

Clothes for the trip home

You may want some comfortable clothes for the trip home. Your clothes you wore during the day may be a bit dirty and smelly by the end of the day.

Clothes for going out

If you're heading straight out after the show then don't forget your dinner / party outfit!

Hair · Makeup · Beauty

Makeup kit

Bring everything you need to do your makeup or touchups. Even if you are getting your make up done by someone else you should still bring your touchup kit. Remember you will need darker than usual foundation or bronzer that works nicely with your level of tan.

Eyelash extension kit

Be sure it includes eyelashes, adhesive glue, applicator tool and curler.

A mirror

Some venues have limited mirror space, which can make things difficult when there are lots of girls. Bring your own decent sized mirror to be sure.

Hair dryer

You may need this for drying your tan too.

Brush / comb / hair pick

Hair ties / hair clips / bobby pins

Hair curling iron / straightening iron

Hair spray

Vaseline

(ie petroleum jelly) Rubbing a little vaseline on your teeth makes it easier to smile when your mouth and lips are dry. A dry mouth is common when youre nervous, especially when dehydrated.

Hair · Makeup · Beauty

Cotton swabs / Q Tips

Beauty blotting paper

Useful if you have oily skin or your pump up session makes your face a little sweaty.

Nail kit

You should include nail adhesive, nail adhesive remover, nail remover, some spare nails, nail file or nail clippers and possibly some nail polish and crystals to stick on.

Baby wipes / wet tissue

Useful for many things, including fixing up tan streaks.

Tissues / paper towels / toilet paper

Super useful for many things. Always best to bring your own in case the paper towels and toilet paper run out at the venue.

Small hand towels

A couple of small hand or face towels will come in handy.

Deoderant

Competitors either use a spray deoderant or avoid deoderant altogether to prevent their tanning getting messed up. You may also want bring your regular deoderant for after the show if you're not heading home that night.

Perfume

To smell pretty after the show. Don't use it on show day, it may mess up your tan.

Shampoo and conditioner

You may or may not need these, depending on how many days you'll be travelling for.

Tweezers

For any last minute fixes and maintenance.

Tampons

Better safe than sorry.

Tanning

If you're going to use a tanning service then you may not require the following products, but you may still wish to bring them for any touch ups and final glaze.

Exfoliator

Generally start using this about a week out from your show.

Tanning product

Often includes a bottle of base coat as well as top coat.

Applicator brushes

Sponges or pads. Bring an extra one or 2 just to be safe.

Glaze

To add some sheen to your body just before hitting the stage. Options range from Pro Tan's 'Show Shine' or 'Muscle Juice' to the cheaper Pam cooking spray. You may need some plastic gloves to make sure the shine is evenly spread.

A hair dryer

To speed up the drying.

Bronzing powder

If you have light colored skin then you may want to use bronzing powder or darker foundation to darken your face slightly, so its not wildly different to your tanned body.

A zip lock bag or two

To put all your tanning products in. Leakages would not be good.

Disposable latex gloves

Bring several pairs.

Food and Drink

We're not here to recommend exactly what you should eat when you compete... your coach will know what's best for you. Hopefully this section has some helpful ideas and reminders for you.

Water

A bottle or two for the day.

Food and Drink

All your food

As directed by your coach / trainer. Make sure you ask your coach ahead of time what to prepare. The more organized you are the easier things will be. If you're travelling then you'll need to prepare meals for the day(s) before your show. Typical show day food includes: your meals, rice cakes, peanut butter, jelly beans / Gummi Bear type candies. Its important to remember your coach's instructions and stick to the plan... don't get distracted by other competitors' weird and wonderful show day diets.

Plastic cutlery

To eat your food with. Metal is fine, but plastic can be a little easier.

A cooler

To keep all your food and drink nice and fresh for the day. Either a soft bag or hard case cooler should be fine.

A portable food warmer

Certainly not a necessity but great when you're travelling or can't easily find a microwave or oven.

Vitamins and supplements

As directed by your coach / trainer. Or what you normally take.

Dry mouth cure

Dehydration can cause a dry mouth. Chew sugar-free gum or suck on sugar-free hard candies to stimulate the flow of saliva. Just remember to take the gum out before you jump on stage. Also, try to avoid caffeine and alcohol mouthwashes, as they can be drying.

Cramp Cure

Dehydration from water depleting can cause cramps for some competitors. Salty foods or sodium rich sports products will help.

Celebration food

Its will have been a long road to comp day so you'll definitely enjoy (and deserve) a treat or two after the show!

Shaker bottle

If you have drinks to mix, such as eletrolyte BCAA powder mix.

Travelling

This section is only relevant if you'll be staying away from home when you compete.

Travelling

Hotel reservation details

Print them out and bring them along, or have them available on your phone.

Address of the hotel

I recommend checking before show day that your phone or GPS can work out directions to the hotel (and show venue).

Sheets and pillow case

If your tanning starts the day before your show then bring some old sheets and a pillow case so you don't stain the hotel's sheets with your tan. Ideally bring two sheets so you can sleep between them, and make sure they are a suitable size for the bed. Dark sheets hide stains better. You can also use these to protect your car seat, depending on what you're wearing in the car.

Old towels

Bring a couple of old towels that you don't mind getting dirty and stained. Useful to put on the ground when applying tan, so you don't stain the venue's floor. You'll also need them when you wash your tan off after the show. Dark towels will hide stains better.

Toiletries

Whatever you normally take when you travel: toothbrush, toothpaste, mouthwash, soap, dental floss, etc

Alarm clock

Most people use their phone as an alarm clock these days. Either will do.
