

# Day Of Show Checklist

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- All competitors must wear their competition suits to check-ins
- NPC card – can purchase online at [npcnewsonline.com](http://npcnewsonline.com). We recommend you purchase before you go to check-ins.
- Have a picture (copy) of your NPC card on your phone. For quick and easy access, save it in your favorites.
- Gym bag
- Wear your warm ups & flip flops
- Loose t-shirt or tank (or robe cover up)
- Change of clothes for after the show
- Tanning Products - if doing it yourself we recommend our exclusive partners' LSR Competition Bronzer Mousse (this kit comes with everything you need)
- Posing suit (2) (includes back up suit) & Boobs! (female only)
- Shoes (2) (includes back up pair – female only)
- Jewelry – earrings (2 pair), bracelet (2), ring (2) (includes back up jewelry – female only)
- Make up – including eyelashes & glue – including nail polish and press on nails for emergency (female only)
- Vaseline for lips (female only)
- Hair stuff – brush, comb, hot iron, blow dryer, mirror
- LSR Stick It, Bikini Glue (female only)
- Camera
- Toothbrush, toothpaste
- Towel
- Music – (2) copies of CD or flash drive if you are doing a posing routine
- Phone, charger, headphones
- 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! (female only)
- Sheets – if you are staying in a hotel, bring a set of dark sheets, pillowcase, hand towel and bath towel
- 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!