

# Show Day

## CHECK LIST

- BIKINI
- HEELS
- JEWELRY
- MAKE UP  
(for touch ups)
- STYLING TOOLS  
(for touch ups)
- BRUSH
- HAIRSPRAY
- DRY SHAMPOO
- DARK ROBE OR  
LOOSE CLOTHING
- DARK SHEETS  
(for hotel bed)
- NON-FLEECE BLANKET  
(to sit or lay on)
- COMPACT MIRROR
- SHOWER CAP
- SEWING KIT  
(incase bikini needs it)
- HEADPHONES OR BOOK
- PHONE CHARGER
- PEE CUP
- FLOSS
- NAIL GLUE  
(if needed)
- PUMP UP BANDS
- UTENSILS
- SHOW DAY MEALS
- GUM
- BIKINI BITE  
(to keep bikini in place)
- POST SHOW SNACKS
- RICE CAKES/ PEANUT  
BUTTER/ HONEY  
(per your coach's order)
- ELECTROLYTES
- EXTRA MEAL PREP  
FOOD