

The Physique Athlete™

2022 Competition Show Bag Checklist

- ◆ Competition Suit
- ◆ Posing Heels
- ◆ Jewelry
- ◆ Needle & Thread
- ◆ Super Glue
- ◆ Vaseline
- ◆ Lip Gloss
- ◆ Slipper, Flip Flops, Slides
- ◆ Sparkle Bitch Suit Tape
- ◆ Hair Spray
- ◆ Gel/Pomade
- ◆ Comb & Brush
- ◆ Curling Iron/Flat Iron
- ◆ Extra Makeup*
- ◆ Extra Makeup Brushes
- ◆ Extra Set of Lashes
- ◆ Tweezers
- ◆ Nail Clippers
- ◆ Resistance Bands
- ◆ A Set of Dark Sheets**



- ◆ A Fleece Blanket & Pillow***
- ◆ Music
- ◆ Headphones
- ◆ Charging Cords w/Wall Adapter
- ◆ Tampons, etc.
- ◆ Advil or Tylenol
- ◆ Sugary "Pump Up" Snack (see your Coach)
- ◆ Meals! Don't forget your meals.

* You may not be able to hop back in the MUA's chair for a touch up.

**Respect the host hotel. Bring both fitted & flat sheets to cover beds and chairs.

***Bring it with you to the venue, it's cold backstage and the floors are hard!

Consult with your Coach for additional items.