

 Rolling Bag

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 Spare Suit

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 Robe

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 Accessories for stage: Earrings, Rings and Bracelets

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 Stage Heels

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 Fitflops

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 Loose fitting clothing

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 Post competition outfit

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 Food and drinks

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 Hair and Makeup

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 Bikini Bite

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 Pee cups

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 Contact lens (if you need them)

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 Tampons

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 Pump up bands

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 Stand up/ Full Length mirror

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 Bed sheets, pillowcase and blanket

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 Sewing kit (for any mishaps)

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 Phone and charger

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 Essential oils and gloves

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 Hair brush / comb, hair ties, hair pins

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 Towels

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 A laundry bag

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 Hair Spray and Dry shampoo

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 [Pro Tip] Vaseline  
apply on your teeth so you are smiling on stage.

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 Spray Deodorant

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 Wallet, ID, NPC Card, IFBB Card

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 [Print Outs] Tickets/ Registration for show, itineraries, plane and travel  
details, Hotel reservations etc.

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