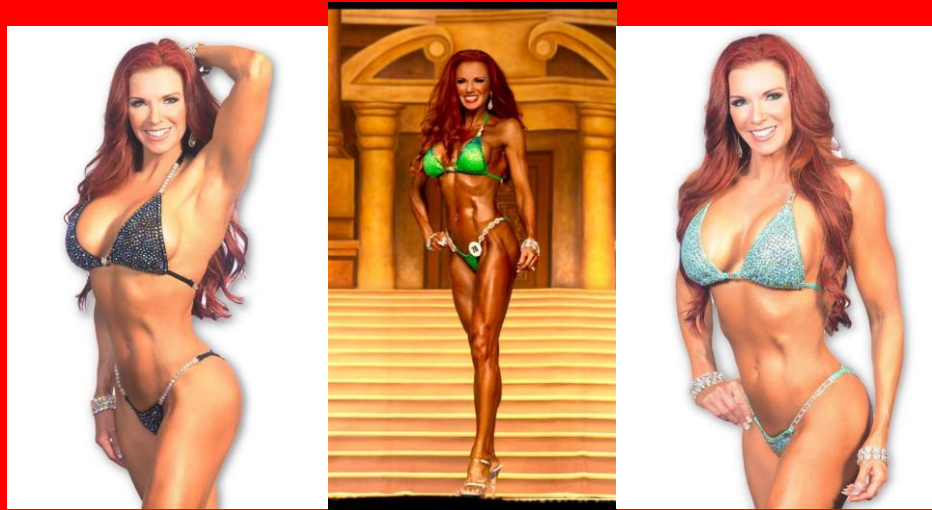


Clare Morrow IFBB Pro



Fitness Competition Tips & Items To Pack

Tips

- Bring Entry Confirmation
- Wash with baking soda the morning before tanning to balance your skin's PH

Items to Bring

- Baking Soda
- Drinking Water
- Lashes (unless getting your make up done)
- WD 40 to remove bikini glue after the contest
- Hair Extensions (if needed)
- Heels
- Hair Spray
- Make Up
- Extra Heels
- Flip Flops with thin straps
- Bathing Suit

- Extra Suit
- Scissors
- Safety Pins
- Jewelry (and extra jewelry)
- Enema (water pills dry you out) ☺
- Pee Cups or Go Girl. I recommend Go Girl (Amazon)
- Rain Coat & Umbrella
- Hair Clips
- Something Dark & Loose to Sleep in
- Dark Sheets for the Bed
- Dark Towel
- Light Weight Sweats & Loose shirt in dark colors for post tanning
- Satin Robe
- Shower Caps (for tanning)
- Bikini Glue (Bikini Bite)
- Vaseline (for teeth)
- Loreal Make Up Wipes
- Baby Wipes (for feet)
- Double Sided Duck Tape (I use this inside my heels to prevent my feet from slipping around from the tan spray or if you have narrow feet like me, it helps!)
- Water Pills
- Curling Iron & Flat Iron
- Hand Held Mirror
- Blow Dryer

Snacks

- Peanut Butter
- Honey Packets
- Rice Cakes
- Pre Prepped Meals
- Pedialyte or Gator Ade (for post competition)

Extra Items

- Cash (cash only at check in)
- NPC Card (if applies)
- Entry Confirmation
- Height Card
- Resistance Bands (to pump up back stage)
- Straws for Water (stainless steel is best for the environment- you don't want to get splashed when drinking back stage because nobody wants to look like a zebra! 😊)
- Phone Charger
- Bronzer & Pad for touch ups

Enjoy yourself, have fun, show off...You've earned this & you've got this!

Clare xoxo

Clare Morrow, IFBB Pro

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