

INBF EMPIRE STATE CUP

- Posing suit
- Back-up posing suit
- Bikini bite or tape
- Tanning products
- Latex Gloves (for tanning)
- Oil
- Music (if competing as a bodybuilder)
 - usually routines are 60-90 seconds long
 - music must be appropriate and free of curses
 - always bring back-up music incase music does not play, or it gets misplaced
 - Try your best to not touch CD with oily hands. Music will NOT play
- Heels
- Jewelry
- Hair Products/makeup
- Scissors
- Resistance bands
- Food: pump up food, food for the day (normal meals), water, juice
 - recommended that you pack measuring cups and spoons
 - try to pack a variety of foods as you do not know what you will need before you go on stage
- Extra money for trainer pass and any fees you haven't paid for the competition
- Towels
- Camera (you worked your butt off, take lots of pics)
- iPod or mp3 player. Listen to music, stay calm but focused.

- Comfortable and loose clothes to change into between pre-judging and evening show
- Sheets if you are staying at a hotel (you don't want to stain theirs!)

Some Tips for the Day of Your Competition

- Pack the night before so you are not rushing around the morning of.
- Be as organized as you can so if you need anything quick, it is easily located.
- Arrive early to check-in so you can set up your spot and get comfortable.
- Pay attention at the competitor meeting.
- Try to tan as early as you can so the tanner settles into your skin. Follow Tanning protocol per our tanning professionals page. NO DEODORANT USAGE THE DAY BEFORE SHOW DAY.
- Take pressure off your legs and sit down as much as you can.
- Get to the pump up/prep room with plenty of time.
- Run through your posing a few times.
- TRY AND RELAX...don't stress too much!