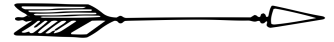


Show Weekend Packing List

Han CamFitness

#keepaiming

Hotel:



- Spare Sheets/Pillowcases
- Spare Towels
- Post-Tan Outfit (freshly washed)
- Saturday Night (Dinner!) Outfit
- Night Two PJs
- Sunday (Ride Home) Outfit
- Flip Flops/Sandals
- Grocery Bags for Sheets & Tanning Outfit
- Hair Tools & Products
- Hair Extensions*
- Deodorant/Body Spray (for *after* show)
- Book/Entertainment Activities
- Make Up
- Toiletries (Face Wash, Shampoo, Toothbrush, etc.)
- Dixie Cups (for peeing. So glamorous)
- Umbrella (You never know! Save that tan.)
- Plastic Plates & Utensils

Backstage:

- Suit
- Backup Suit*
- Handheld or Full-Length Mirror
- Robe
- Dixie Cups
- Jewelry
- Stage Heels
- Chapstick
- Pump-Up Band
- Hair Spray
- Makeup Bag (just in case!)

Miscellaneous:

- Items marked with an asterisk (*) are nonessentials, but nice to bring if you have them!
- Food! Make sure you have all your meals & pump-up foods ready to go! These will depend on your body, coach, & preferences, but some easy foods many competitors use are: rice cakes, jelly, peanut butter, honey, & various kinds of candy.
- Some competitors will use a rolling suitcase for their backstage bag. This prevents an accidental tan disaster from carrying a bag on your shoulder & makes general transportation easier, but it isn't a must-have!
- The amount of makeup you bring or need will depend on if you're doing it yourself or not! I generally do my own, so I bring plenty. I have included a list of my "do it yourself" makeup essentials!

My Makeup Essentials:

- Primer
- Regular Foundation
- DARK foundation to match tan
- Foundation brush/sponge
- Concealer
- Powder
- Bronzer & Brush
- Blush & Brush
- Highlight & Brush
- Eyeshadow Palette & Brushes
- Eyebrow Powder/Gel
- Eyeliner (Liquid)
- Fake Eyelashes & Glue
- Lipstick & Gloss
- Setting Spray