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The packing lists below are provided for your convenience and are suggestions only.

Athlete Registration/Check-ins Packing List:

- NPC card (If you don't have the hard copy, bring your receipt if you paid online.)
- Entry confirmation/receipt (will be in your email)
- ID (driver's license or passport)
- Posing suit (Bodybuilding and Classic Physique must weigh in wearing a posing suit)
- Food and water (You should be prepared with your next meal in case of delay.)

Hotel Stay Packing List:

- Food, water, utensils, food scale (bring more than you think you need)
- Supplements on your plan
- Bodyweight scale (if your coach requires for tracking and weigh-ins)
- Sheets, blanket, towel (to avoid damage fees from the hotel due to tan stains)
- Makeup and hair styling tools* (if you are doing your own on show-day)
- Loose comfy clothing (to sleep in and wear to your tanning appointments)
- Track suit or other show day outfit + flip-flops/comfy shoes (wear to and from the show)
- PLUS all the items listed below

Show Day Packing List:

- Food and water (bring more than you think you need)
- Number button and athlete badge (you will receive at registration/check-ins on Fri)
- Posing suit (and backup suit if you have one)
- Comp heels (and backup pair if you have one)
- Stage jewelry
- Posing oil and glue* (if you are not using the official show spray tanner)
- Makeup and hair tools for touchups* (if you are doing your own hair or makeup)
- Needle/thread and safety pins (ladies only; you never know what can happen!)
- Cell phone and charger
- Headphones
- Exercise bands to pump up (there will be some backstage but supply is limited)
- Leave all valuables in your hotel room or secured with friends/family

*use of tanning products, makeup or hair styling products is prohibited outside designated areas.