

Your First (or second) Body Competition

Welcome to the world of natural bodybuilding! The reason this is titled Body Competition is that there are multiple classes and divisions in what has typically been called a Bodybuilding Competition. Many of you are competing in your very first show and some of you have vying for a Pro card (the Holy Grail of competitors). We are providing you this checklist to help make your show more enjoyable and most importantly- fun! We have adapted this list from the blog site produced by Professional competitors Liz and Chanelle. [We have included a link to their blog in return.](#)

Pro Prep Diaries: Essential Competition Checklist

April 4, 2016 By [Chanelle](#) [91 Comments](#)

There's no getting around the fact that competition prep is stressful. You're running on fumes because you haven't had many carbs, you're tired from your two-a-day workouts six days a week – it just sucks sometimes.

But there are some things you can control, like being as prepared as you can for the days leading up to the competition, and for the competition itself. So, I'm sharing a competition checklist that you can use as you prepare and pack for your upcoming bodybuilding competition. Good luck!

At least a month out

- Book your competition tan sessions. For the Peach State Classic BIONIC Tanning is the company and Kim Frempong is your contact at **770.912.6384**
- Book your makeup appointments tbd
- **Make sure you are registered for the show click [here to register!](#)**
- Either book nail appointments for the week of the competition or purchase press-on nails and polish for your toes. Neutral or French manicure is best.
- Make sure your shoes are broken in. *Now is not the time for new shoes y'all!*
- *Book your hotel room with the host hotel if you are traveling. The Comfort Inn & Suites is the official Peach State Classic Pro-Am host hotel and the reservation number is (678) 245-4075- tell them you are with Southern Muscle Association for the \$119 plus taxes rate per night rate. The hotel is located at 2945A Lawrenceville-Suwanee Rd, Suwanee, GA 30024.*
- *The theater is Buford Community Center located at 2200 Buford Highway NE Buford, GA 30518*
- Professional Photography will be provided by Wayne Bagley. He can be reached at **404.437.3890**

- Order jewelry that complements your suit and hair length.
- Make your packing list!

Competition packing list

Bring these things to competition check-in with you:

- Organization's Membership card (these are for sale at the show for SMA members it is \$75 for the year for amateurs and \$100 for Pros) cash or card only.
- Click [here](#) to purchase your SMA membership card online.
- Competition suit (No Thongs, G- strings, or one- piece suits) Click this [link](#) to see what is required for Transformation class competitors.
- Backup competition suit

Have these things in your hotel with you:

- Sheets you don't mind staining. You need to cover your hotel bed/pillowcase with these so that you don't ruin the white sheets with your tan and get charged for it.
- Towels you don't mind staining. When you wash your tan off after the competition it will be like that scene from Carrie (at the prom), so just take my word for it and bring your own towels.
- Spray deodorant. You can't use regular antiperspirant with a tan because your armpits will turn green, so do everyone else a favor and keep the stank away with spray deo.
- Loose pants and long -sleeved shirt for pajamas
- Outfit to wear when you go out to eat after the competition!
- Comfy outfit to wear on the trip home
- Mild laxative (in case you get constipated from being dehydrated)
- Food:
 - Prepped meals as directed by your coach
 - Extra white rice
 - Extra oats

Have these things backstage with you:

- Rolling suitcase or duffle bag/backpack to keep all of the stuff below in
- Competition suit (and backup in case of emergencies – ya never know)
- Clear heels (for the gals)
- Jewelry
- Numbered badge you received at check-in. You will pin it at your left hip. Make sure it's pinned where the judges can see it clearly.
- [Bikini Bite](#) to glue your suit to your butt (Check with the tanners)
- Sewing kit in case of wardrobe malfunctions

- Layers to wear until it's time to pump up/line up. A black maxi dress with a robe over it is my go-to. For guys sweats or robe works.
- Flip flops to wear until you put your heels on
- Pillow (there's a lot of waiting time)
- Makeup for touchups
- Full length mirror. (Provided for you by the SMA)
- Low sodium rice cakes & nut butter and/or jelly. You'll be eating these every hour or so to keep your muscles full.
- Exercise bands to pump up with before hitting the stage. Weights will be available
- Last thing, most important thing- don't forget to HAVE FUN!!! Talk to other competitors and learn from each other.
- Judges will be available for you to consult with after the show ends so be sure to take advantage of this FREE advice!
- Family and friends can order tickets for the show [here](#).