

**Karen Plum**

*Certified Sports Nutritionist & Personal Trainer*

*On Line Coach*

*2 x Miss Australia/2 x Miss NZ Figure Champion*

Ph 0404 728338

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**SHOW DAY CHECK LIST**

* Suitcase on Wheels to carry everything
* Bikini/costume
* Shoes
* Pump Up band/weights
* Pump Up formula
* Pump Up food – as instructed
* Distilled water
* 2 x Power Aid/Gatorade
* Electrolytes
* Top Coat Tan
* Gloves
* Bikini Bite (make sure going before show)
* Makeup/lip Gloss
* Hairspray/brush/comb
* Eyelashes/glue
* Robe for back stage
* Thongs/sandals
* Number/Back stage pass/tickets
* Jewellery
* Cooking Oil Spray
* Treats for after 
* Knife/fork/spoon
* Rescue Remedy
* Baby wipes/tissues
* Old towel for removing tan/cleaning up
* Safety Pins/sewing kit for emergencies
* A huge smile 

