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The Bachelor contestant survival kit

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Wanna win *The Bachelor*? STOCK THIS STUFF FIRST

So you want to be a contestant on *The Bachelor*? We commend you for your bravery. After all, vying for a husband on the popular show is not unlike wartime. Will tonight be the night you're finally stabbed by a wayward stiletto heel? Will you accidentally ingest colorless poison slipped into your white wine spritzer from a competitor's oversized cocktail ring?

Before you get into that stretch limo (but after you've stuffed your suitcase full of Lycra minidresses), make sure you pack these items in your pocketbook. Because a potential wife and soul mate should always be prepared — and armed for psychological warfare.

WineStraws



Let's get down to brass tacks: You're competing against VIP cocktail waitresses and alleged "models" from Santa Monica. Now is not the time to stain your pearly whites while drinking Ben Flajnik's [Envolve Cabernet Sauvignon](#) ("Soft silky tannins"! "Pairs seamlessly with chipotle [sic] seasoned grilled meats"! NEVER FORGET) straight from the decanter. Pull yourself together, woman. Bring out the big guns by pouring a dainty glass of red and sipping it through a translucent, chompers-protecting [WineStraw](#). You'll save your smile without calling attention to yourself for not binge-drinking like the rest of the ladies. Maybe just remove the straw when the Bachelor comes around if he happens to be a vintner.

<http://www.sheknows.com/love-and-sex/articles/946275/the-bachelor-contestant-survival-kit>