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## Innerwear & Outerwear

- Socks  
(recommendation: buy all the same sock so you don't have varying thicknesses...which affect boot fit)
- Pants  
(thermal pants underneath)
- Team Jacket and Extra Layer
- Gloves
- Liners
- Hand warmers
- Helmet
- Goggles
- Facemask
- Extra gloves
- Goggle lenses
- NEW FOR 2020: Appropriate PPE/Face mask for walking around

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## Water, Food & More

- Suitable Backpack for Skiing/Riding  
(lunches, water bottles and extra layers can be stored in the backpack)
- Small Water Bottle
- Lunch
- TWO Snacks
- Sunscreen
- Personal needs such as EpiPen, Medication, etc.  
(if your child needs medication during training, please communicate with their coach)
- NEW FOR 2020: Hand Sanitizer in Pants or Jacket Pocket

\* Contact your coach for recommendations on gear