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### Gear and Daily Needs

**Come Train Prepared.**

#### Outerwear/Innerwear

- [ ] 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
- [ ] Extra goggles or goggle lenses

#### Water, Food & More

- [ ] Suitable Backpack for Riding *(lunches, water bottles and extra layers can be stored in the backpack)*
- [ ] Water Bottle
- [ ] Lunch
- [ ] **TWO** Snacks
- [ ] Personal needs such as Epipen, Medication, etc. *(if your child needs medication during training, please communicate with their coach)*

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