



# TEAM SUMMIT COLORADO

## What to pack for a day at Team Summit!



Ski pass for  
today's training  
location

Extra neck  
warmers

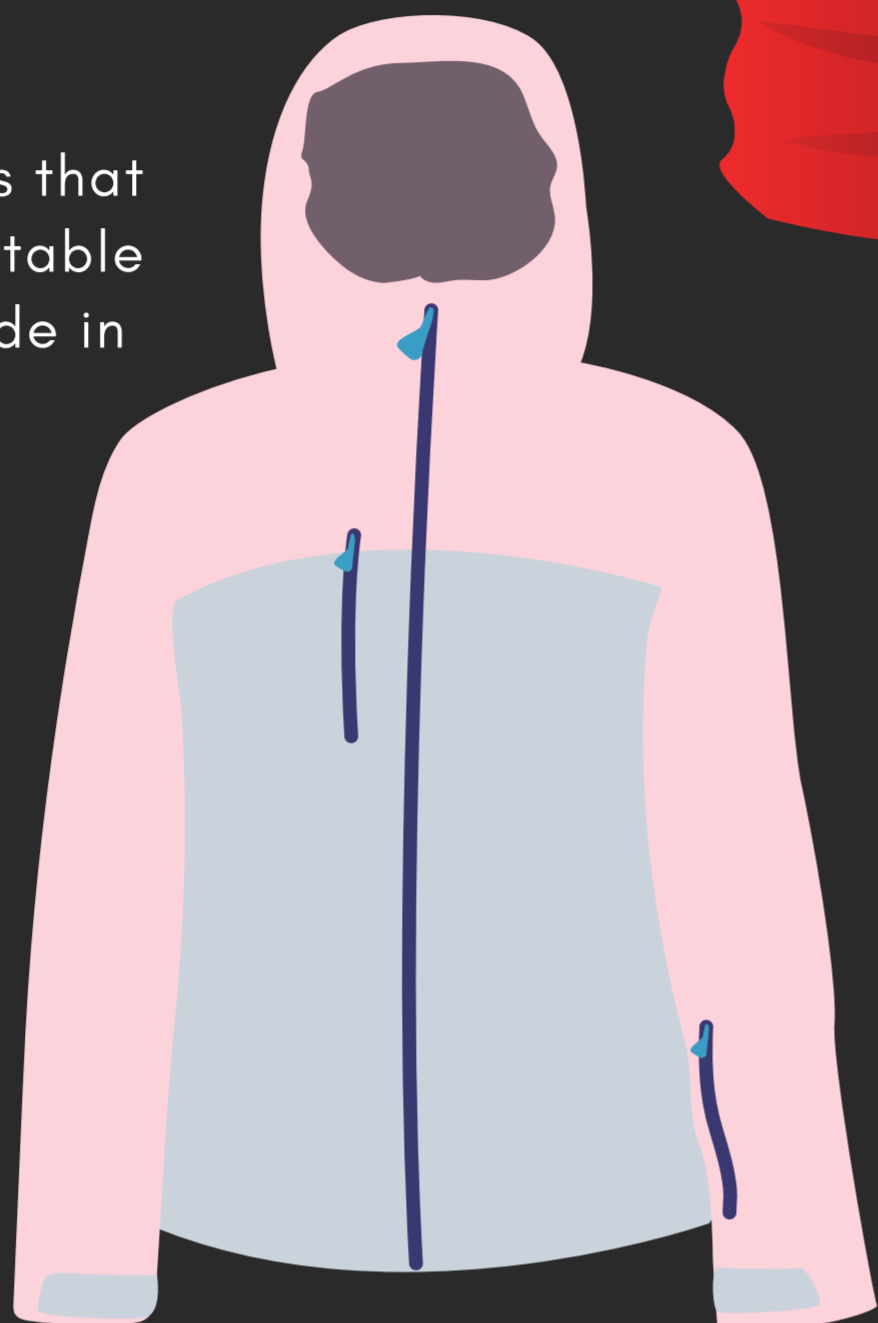


Sunscreen



Extra mask

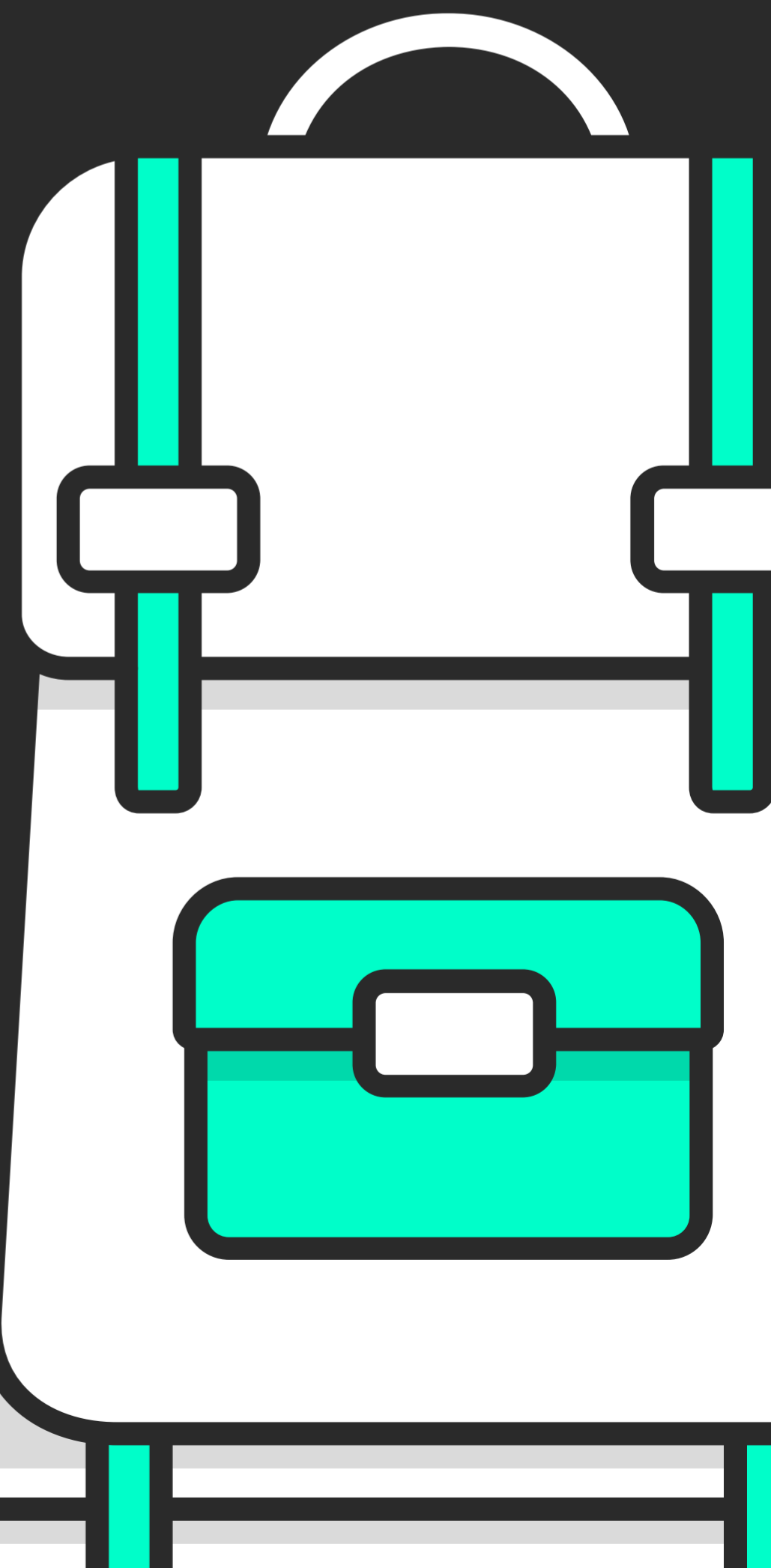
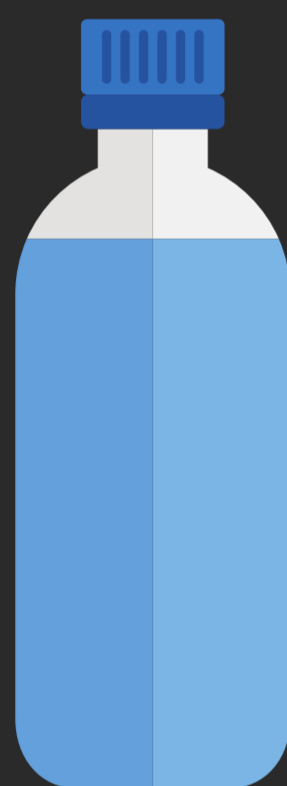
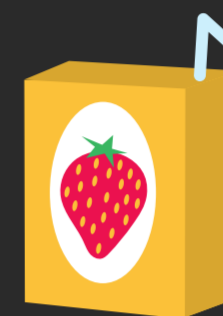
Warm layers that  
are comfortable  
to ski or ride in



Sunglasses



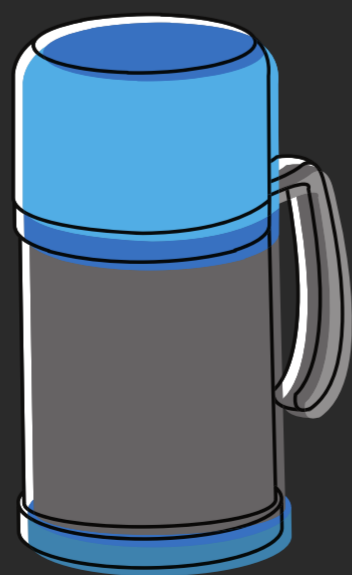
Snacks (in addition  
to lunch)



A lunch with food that  
will help boost energy; a  
water bottle & silverware



Extra socks and  
gloves; hand  
warmers & toe  
warmers



**A well-stocked  
backpack will help  
your athlete set up for  
a successful day!**

[www.teamsummit.org](http://www.teamsummit.org)

A warm snack or  
drink recommended