

Gear Checklist

Innerwear & Outerwear

- Socks
(We recommend purchasing all the same sock so you don't have varying thicknesses...which affects boot fit.)
- Pants
(with thermal pants underneath.)
- Team Jacket
- Extra Layers
- Gloves
(We strongly recommend mittens for cold days.)
- Liners
- Hand warmers
- Helmet
- Goggles
- Facemask
- Extra gloves
- Goggle lenses

Water, Food & More

- Suitable Backpack for Skiing/Riding
(For carrying lunches, water bottles and extra layers.)
- Small Water Bottle
- Lunch or money for lunch
- TWO (2) Snacks in the jacket pocket
(We recommend healthy options such as protein bars, string cheese or similar to ensure sustained energy throughout the day.)
- Sunscreen
- Personal needs such as EpiPen, Medication, etc.
(Any medications or special considerations must be communicated with the athlete's coach.)

* Contact your coach for additional recommendations on gear