



Ski Racing Day Camp Packing List

**Please know weather conditions change rapidly on Mt. Hood. Campers should be prepared with extra layers, rain jackets, and an extra pair of gloves each day.*

Required

- On the hill snacks and/or small lunch (we recommend a sandwich and 3-4 healthy energy bars)
- Hand sanitizer bottle with your name on it
- Water bottle with your name on it (we recommend one liter)
- Buff or face mask
 - Ski journal (small notebook will do)
 - SPF 30+ or Higher Sunscreen & Lip Balm with sunscreen
 - Pre-tuned Slalom Skis and GS Skis (if you only have one pair that is ok, bring what you have)
 - Slalom Poles with Pole Guards (if you have them), GS Poles
 - Ski Backpack
 - Ski Boots
 - Goggles with tinted lenses (rose, amber, yellow, or mirrored)
 - Sun glasses
 - Winter Hat
 - Full Shell Helmet
 - Ski Jacket (preferably waterproof)
 - Ski Pants
 - Warm Extra Layers (vest, puffy jackets, sweatshirts, fleece, etc.)
 - Slalom Shin guards (required if you plan to cross block, not allowed to cross block without these)
 - Chin bar (required if you plan to cross block, not allowed to cross block without this)

Optional

- Downhill Suit (not required but if you use one please bring it)
- Tuning Gear wax, file, file guide, stones, vices
- Stealth (if you use one)
- Training shorts (if you have them)