

# Ski Racing Camp Packing List

**Phone Policy:** We are a phone & technology free overnight and day camp.

**Overnight Camps:** Once you arrive your phones/ipads/technology will be checked in during our first nightly meeting. Coaches will be in communication with parents throughout the week.

**Day Camps:** Campers should be dropped off each day without their phones/technology. Coaches will be in communication with parents about changes in our schedule for pickup. This is the same for our afternoon activities.

**There is no wifi in the mountains, but you'll find a better connection. Thank you for your understanding!**

## Required Equipment for GS:

- Full Shell Helmet (no soft eared helmets in GS please)

## Required Equipment for Slalom

- Slalom Poles with Pole Guards (if you have them)
- Slalom Shin guards (required if your coach feels as though you're ready to to cross block, not allowed to cross block without these)
- Chin bar (required if you plan to cross block or learn to cross block, not allowed to cross block without this, again your coach will assess if you're ready to cross block)

## Other Required Items

- Sleeping bag (required, for overnight campers only!) Consider using a compression sack if you are flying! We like this [one!](#)
- Towel (required)
- Ski Backpack (you will carry everything you need for the hill each day in this bag and it will be put at the top of our training lane where you will be able to access it all day)
- Ski journal & pencil (required, small notebook will do)
- Water Bottle (1 liter recommended)
- 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 tuned and ready to ski on)
- GS Poles (if you only have one pair of poles that's ok!)
- Ski Boots
- Goggles with tinted lenses (rose, amber, yellow, or mirrored)
- Sun glasses
- Winter Hat
- Baseball Hat
- Neck gaiter/buff
- Ski Jacket
- Rain Jacket
- 2 pairs of gloves or mittens (consider having one pair that is waterproof)
- Ski Pants (required)
- Long underwear
- Warm Extra Layers (vest, puffy jackets, sweatshirts, fleece, etc.)
- Ski Socks
- Casual clothing
- Toiletries: Toothbrush, toothpaste, soap, shampoo, medications needed etc.
- Swimwear
- Athletic shoes and Athletic wear
- Simple watch (not an apple or smart watch)

## **Optional Items**

- Downhill Suit (not required but if you use one please bring it)
- Tuning Gear wax, file, file guide, stones, vices (if you have them, Keely's Camp provides tuning table, vices, and iron)
- Spending money for snacks and souvenirs (recommend \$50)
- Stealth (if you use one)
- Training shorts (if you have them)

