



## **Ski Racing Camp Packing List**

Please **be prepared** for all conditions when coming to camp. We follow the saying, *"There's no bad weather, only unsuitable clothing."*

### **Phone & Technology Policy:**

We are a phone and tech-free camp—this is vital to our mission and camper experience. Disconnecting helps everyone fully engage with nature, friendships, and camp life.

***There is no WiFi in the mountains, but you'll find a better connection!***

**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 via WhatsApp with parents about changes in our schedule.

- ☐ Sleeping bag (required, overnight campers)
- ☐ Towel (required, overnight campers)
- ☐ [Timex wrist watch](#) (recommended, doubles as an alarm clock!)
- ☐ Ski Backpack (you will carry everything you need each day in this backpack)
- ☐ 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)
- ☐ Slalom Poles with Pole Guards (if you have them), GS Poles (if you only have one pair of poles that's ok!)

[Watch this video if you are wondering if you are ready to cross block.](#)

- ☐ 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)
- ☐ Ski Boots
- ☐ Goggles with tinted lenses (rose, amber, yellow, or mirrored)

- ☐ Sun glasses
- ☐ Winter Hat
- ☐ Baseball Hat
- ☐ Neck gator/buff
- ☐ Full Shell Helmet (no soft eared helmets please)
- ☐ Ski Jacket
- ☐ Rain Jacket (**required**)
- ☐ 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

### **Optional**

- ☐ 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)