



## **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:** Upon arrival, all phones, iPads, and other technology will be collected and checked in during our first nightly meeting. Throughout the week, coaches will send daily email updates with fun photos and videos so parents can stay connected. Campers will receive their technology back on the **final morning of camp.**

**Day Camps:** Day Campers are required to arrive each day without phones or technology. Coaches will update parents about any schedule changes through WhatsApp.

### **Snack time! Please Bring Your Own!**

- Campers are required to bring their favorite snacks for camp – it helps them feel comfortable and happy.
- Do not include snacks with peanuts or tree nuts to keep everyone safe.
- Pack about 2-3 snacks per day in a large ziplock bag.
- Label the bag with her name (a sharpie works great).
- Snacks will be stored in the kitchen during camp.
- Each morning, she can grab a few snacks to put in her ski backpack for the mountain.
- This ensures she’ll always have something she enjoys to stay fueled throughout the day!

## Packing List

- Sleeping bag (required, overnight campers)
- Towel (required, overnight campers)
- [Non-Cotton Long Sleeve Sunshirt](#) (required, overnight campers)
- [Timex wrist watch](#) (recommended, doubles as an alarm clock!)
- [Close toed water shoes](#) (required, overnight campers)
- 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)
- Snacks (2-3 peanut/nut free snacks per day required for overnight campers)
- 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 (required, no soft eared helmets please)
- Ski Jacket
- Rain Jacket
- 2 pairs of gloves or mittens (consider having one pair that is waterproof)
- Ski Pants
- 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 (if you have one)
- 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)