

# Ski Gear Checklist:

For Training/Competition

- Skis (SL/GS/SG)
- Ski Boots
- Poles
- Helmet
- Goggles (different lenses)
- Goggle Wipe
- Gloves
- Coat
- Ski Pants
- Race Suit
- Neck Warmer
- Back protector
- Shin Guards
- Mouth Guard
- Lunch/Snacks
- Ski Pass
- Cat tracks
- Rain Poncho
- Tuning and waxing tools
- Journal

*On training and race days I will...*

- Go to bed EARLY
- Get up on time
- Eat a good breakfast
- Pack my ski gear the night before so it is ready to go
- Make sure I have the right skis
- Fill out my Race Day Plan the day before the race
- Arrive to the mountain by \_\_\_\_\_
- Come ready to work hard and have fun!