

## What to Pack for Ski Races?

### LABEL ALL GEAR!

#### 1. Mandatory items:

- Ski bag
- Skis, boots, poles (skate and/or classical)
- School racing suit/warm ups
- Hat, gloves
- Water bottle (don't share!)

#### 2. Optional items:

- Dry clothes (e.g. winter jacket, footwear, etc.)
- Healthy snacks
- \$\$\$\$ for food, etc.
- cell phone
- something to read
- music (w/earphones!)
- sunglasses
- camera
- any prescriptions (e.g. asthma inhaler)
- blanket, pillow, sleep bag
- swimsuit, towel