**Practice Bag Packing Help** – generally, here’s what you want to bring to each ski practice:

\*\*\*Wear your top/bottom base layers – no areas or time will be provided to change upon arrival\*\*\*

Definitely Required:

□ Skis of the correct technique (easiest way is to always bring both pairs)

□ Poles of the correct technique (easiest way is to always bring both pairs)

□ Boots of the correct technique, or combi boots

□ Hat/headband

□ gloves

□ Mask to ski in, plus an extra for after (buffs do not count)

□ Personal meds you might need, especially for asthma

Smart to bring:

□ boots, or warm shoes (wear on the bus instead of sneakers)

□ extra clothes to change into after skiing (dry=warm=healthy)

□ t-shirt

□ socks

□ hat

□ gloves/mittens

□ water bottle or water belt

□ snack for after (good options: PBJ sandwich, granola bar, chocolate milk, cheese sticks)

Other optional stuff:

□ kick wax (if you have a personal stash)

□ sport sunglasses

□ watch for timing workouts