

Ski Trip Packing List

Overall Tips:

1. Minimize luggage, using small soft duffels or back pack (e.g. spare street clothes in one, ski wear in another, homework and travel snacks in a third).
2. Mark your skis, luggage, etc., with your (last) name and phone number.
3. Leave non-essential items of great value at home.

Suggested items

- ☐✓ **Sleeping bag & foam pad** - (If not enough beds or you are uncomfortable sharing a double).
- ☐✓ **Skis** 1) Classical 2) Skating (Check with coach to see what each race trip requires)
**(Glide WAX them beforehand if at all possible (but no grip wax on classical skis).
Clean, sand & tape grip zone with painter's masking tape.)**
- ☐✓ **Ski bag** - (Optional – but recommended) Protection even if your skis will be in a rooftop box
- ☐✓ **Poles** 1) Classical 2) Skating Both lengths for both techniques if you have them.
- ☐✓ **Ski boots** Classical & Skating if you have both. (Most important item to pack !)
- ☐✓ **Wax, iron, scraper, cork, mask, wax bench** – (Optional) Coaches will have most grip waxes you will need, but no expensive fluorinated waxes.
- ☐✓ **Coach options:** Klister box, hair dryer, klister pan, citrus solvent, clean cloth, thermostat down
- ☐✓ **Race uniform** or whatever you ski in (with a *post-race dry layer*).
- ☐✓ **Longies** - top layers & bottoms; nylon-panel briefs for gents. Consider a Zip T-Neck.
- ☐✓ **Socks (& slippers** to keep socks dry on wet floors).
- ☐✓ **Hats** (2) (Headband is useful for warmer days or as extra warmth in cold or wind).
- ☐✓ **Gloves** (w/ glove liners for cold or wind).
- ☐✓ **Earmuffs?** Neck gaitor? Scarf? Other warm accessories?
- ☐✓ **Warm-ups** (team or other light jacket, wind pants, wind-resistant vest and/or fleece).
- ☐✓ **Water bottle** (in a belt pack is most handy, with water or sports drink - **Stay hydrated!**)
- ☐✓ **Coat** (for post-race warmth and "on-the-street" for dinner or unexpected waits).
- ☐✓ **Street clothes** (with a nice set for awards ceremony).
- ☐✓ **Swimsuit** (just in case we have access to sauna or pool).
- ☐✓ **Towel** (compact) & small **Washcloth** (if we are not staying in a regular motel/hotel).
- ☐✓ **Pillowcase** (Optional) to stuff with clothes for travel nap or floor camping.
- ☐✓ **Toothbrush & essential personal care items** (e.g. one hair dryer per team, max.)
- ☐✓ **Medication** medically required on the trip.
- ☐✓ **Glasses**, contacts, protective case.
- ☐✓ **Sunglasses** or sport glasses (yellow lenses for cloudy days, green or gray for sun).
- ☐✓ **Skin cream** (Warm Skin, dermatone, vaseline or moleskin – For cold weather skin protection.)
- ☐✓ **Sunscreen?** (mainly for springtime trips)
- ☐✓ **Schoolwork !** - Bring just essentials to save space! Coaches will be happy to designate a room or two as "quiet rooms" for afternoon / evening study – *just ask!*
- ☐✓ **Small notebook ? Pens?** Laptop, disk, data stick?
- ☐✓ **Book**, journal or magazine
- ☐✓ **Headlamp, book light** or small flashlight – to help study during car trip
- ☐✓ **Wallet** with next three items:
- ☐✓ **Spending money** (1 or 2 dinner meals, lunch, race entry fee(s), \$ to share petrol cost, etc.)
- ☐✓ Some form of **I.D.** (Contract trip leader for expense estimate – generally \$30 - \$50)
- ☐✓ **List of phone numbers** for emergencies/problems.
- ☐✓ **Race registration** form(s) or registration confirmation – pre-register if at all possible.
- ☐✓ **Travel snacks** & special needs for meals (try whole grain protein, dried fruit & complex carbohydrates – e.g. oat/raisin scones, blueberry muffins, fruit bars)
- ☐✓ **Camera?** NOT an expensive one (try a modest "point & click" model)
- ☐✓ **Bell** (optional) - to help cheer on your teammates.
- ☐✓ ***A positive, supportive, helpful, appreciative, considerate and winning attitude!***