



EQUIPMENT LIST TO BRING TO PRACTICE

	Equipment	Reason
<input type="checkbox"/>	Skis/rollerskis	To ski with.
<input type="checkbox"/>	Ski boots	To ski with
<input type="checkbox"/>	Ski Poles/running poles	To ski with
<input type="checkbox"/>	Rifle	To shoot with
<input type="checkbox"/>	Trigger lock keys	VERY IMPORTANT!!!!
<input type="checkbox"/>	Ammunition	To shoot with
<input type="checkbox"/>	Rifle Tools	A screwdriver or wrench for EVERY bolt on your rifle
<input type="checkbox"/>	Armband	To Shoot with
<input type="checkbox"/>	Rollerski Gear	Helmet, gloves, reflective vest
<input type="checkbox"/>	Watch or Heart Rate Monitor	For timing and monitoring
<input type="checkbox"/>	Water Bottler and Carrier	To stay hydrated
<input type="checkbox"/>	Head Lamp	For night practices
<input type="checkbox"/>	Weather Appropriate Clothing	Dress in layers if unsure
<input type="checkbox"/>	2-3 Pairs of Gloves	In case one pair gets wet
<input type="checkbox"/>	1-2 toques	In case one gets wet
<input type="checkbox"/>	Change of clothes	To change into after your race.
<input type="checkbox"/>	Extra Socks	To change your socks when they are wet.
<input type="checkbox"/>	Warmup Jacket, vest and Pants	To stay warm while warming up.
<input type="checkbox"/>	Winter Jacket	To stay warm when you are not skiing.
<input type="checkbox"/>	Running Shoes	To help warm up and cool down.
<input type="checkbox"/>	Snack	High energy food to snack on (bagel, granola bar, nuts etc)
<input type="checkbox"/>	Sun Glasses/Goggles	To look cool and to protect from snow blindness.
<input type="checkbox"/>	Notebook and Pen	For notes.
<input type="checkbox"/>	Post workout snack	Eg: yogurt/granola etc