



EQUIPMENT LIST TO BRING TO RACES

	Equipment	Reason
<input type="checkbox"/>	Race Skis	To race on.
<input type="checkbox"/>	Race Boots	To race with.
<input type="checkbox"/>	Race Poles	To race with.
<input type="checkbox"/>	Rifle	To race with
<input type="checkbox"/>	Armband	To shoot with
<input type="checkbox"/>	Ammunition	To shoot with
<input type="checkbox"/>	Trigger lock keys	VERY IMPORTANT!
<input type="checkbox"/>	Rifle Tools	A screwdriver or wrench for EVERY bolt on your rifle
<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"/>	Spare Poles	If you have them, in case you break a pole.
<input type="checkbox"/>	Warmup Skis	If you have them, to warm up on.
<input type="checkbox"/>	2-3 Toques	1 toque to race with, and another to change into/out of before and after the race
<input type="checkbox"/>	2-3 Pairs of Gloves	1 pair to race with, and extras in case they get wet.
<input type="checkbox"/>	Race suit	Telemark athletes should race in Telemark race suits.
<input type="checkbox"/>	Cold Weather Clothing	Balaclava, Dermatone, scarf, hand warmers, winter boots.
<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"/>	Pre-Race Food	High energy food to snack on before the race.
<input type="checkbox"/>	Post-Race food	High protein food to help you recover after your race.
<input type="checkbox"/>	Recovery Drink (ie: Protein Drink)	To help you recover.
<input type="checkbox"/>	Energy Drink (ie: eLoad)	To keep you hydrated.
<input type="checkbox"/>	Sun glasses/Ski Goggles	To look cool and to protect from snow blindness.
<input type="checkbox"/>	Wallet with Health Card	Just in case...
<input type="checkbox"/>	Snow boots	Keep feet warm