

PV Alpine Camp Packing List for 'Day Camp 2023'

Ski Equipment:

- Slalom Skis
- GS Skis
- Slalom poles with Pole Guards
- GS Poles
- Ski Boots
- Goggles with a few lenses for different weather/ light (Rose, Amber, Yellow or Mirrored... just as examples)
- Helmet
- Slalom bar for helmet
- Shin guards
- Back Pack that you can fit clothing layers, water bottle and snacks/ lunch and are able to carry with no help.
- lunch box
- Water bottle
- SPF 30+ or higher sunscreen (needs to apply multiple times a day)
- Lip balm with sunscreen in it
- Snacks & gummy candy or fruit snacks for recovery on hill
- Neck Gator/ Buff/ Mask
- Tuning gear to keep skis sharp & waxed

Ski Clothing:

- Ski Jacket (preferably waterproof)
- Training Shorts (if you have them)
- Race Suit
- Ski Pants
- Long Underwear
- Arm Guards for GS (if you use them)
- Layers (vest, sweatshirt, Fleece, ect.)
- Ski Socks

Daily Clothing

- Casual Spring/ Summer Clothing
- Sun Glasses
- Baseball Hat
- Swim Wear
- Athletic Shoes
- Athletic Shorts
- Athletic Socks
- Sweats

Personal Items:

- Tablet or laptop for Zoom Video

It can be very cold so be prepared for all conditions and drink lots of water to hydrate at the high altitude.