

Giants Ridge Camp**Packing List**

	Sleeping bag or blankets
	Twin bed fitted sheet (to cover the mattress if you wish)
	Pillow
	Towel
	Toiletries-toothbrush, shampoo, soap, etc
	Flip-flops for showering (optional)
	Sleeping clothes
	Indoor shoes/slippers (not to be worn outside)
	Snow boots (mandatory—we are living in the woods with hiking trails and will spend time outside in the evenings)
	Casual clothes for after skiing
	Tennis shoes and sweatpants for light workout/stretching
	Skis (strap your skis; pack them in a ski bag, if you have one, for transporting)
	Poles
	Boots
	Helmet and Goggles
	Shin guards
	Tuning equipment (stones, file guides, wax, iron, scraper, brushes, vices, etc--be sure to put your name on your equipment)
	Race suit (if you own one)
	Long underwear and many layers of clothing for training (this is the coldest place in the lower 48 States, so bring everything you have, including a facemask)
	Ski jacket
	Bibs/snow pants
	Gloves and/or mittens, —multiple pairs if possible
	Gators/facemasks
	Toe warmers, hand warmers, boot gloves (if you have them)
	4-5 pairs of ski socks (have extras to change into if needed)
	Regular socks, underwear, sports bras
	Water bottle (no bottled water this year—bring a water bottle and refill it please; put your name on it.)
	Travel mug (for hot cocoa, tea, coffee)—put your name on it.
	Notebook and pen for journaling
	Cash for one meal (Thursday evening on the drive home) and snacks at the ski hill.
	Snacks/treats to SHARE (fruit, cookies, bars, etc.--- but NO NUTS OR PEANUT PRODUCTS PLEASE.)

