

CROSS COUNTRY SKIING LEVEL III

PARTICIPANT PACKING LIST

1. Money for dinners on the way up and the way home
2. Food for meals preparing
3. Ski equipment
4. Day pack
5. Duffel bag for clothes
6. Extra wool socks
7. polypropylene long underwear (2 pair)
8. Snow pants
9. Two wool sweaters or poly tops, fleece
10. Wind jacket and pants
11. Mittens & liners, one lightweight, 1 heavyweight (2 sets)
12. Wool hat (2)
13. Facemask or neck gator
14. Goggles (optional)
15. Change of clothes and camp shoes
16. Cup/bowl/spoon/fork
17. Toothbrush/paste
18. Quart water bottle W/ wool sock
19. Headlamp
20. Skates
21. Games (Optional)
22. Swim suit & towel
- 23. NO ELECTRONIC DEVICES:** i.e. cell phones, CD players, radios, games, etc.