

# BSA equipment clothing check list

updated 13-10-16 AR

All items must be marked clearly with trainee's name

## Ski Equipment

- SL skis
- GS skis
- SG skis (optional)
- Poles GS/SL + pole guards
- Race Boots
- Helmet(s) GS/SL
- Chin guard for SL
- Shin Guards
- Goggles w/ Spare lenses
- Gloves (spare pair if possible)

### checklist


## On Hill Apparel

- Winter jacket
- Salopettes
- Training shorts
- Cat suit
- Training jacket/Shell
- Protective Gear (stealth top, arm guards, etc.)
- Thermal leggings/tops (couple of pairs)
- Ski socks (several pairs)
- Rain wear/Storm jacket


## Miscellaneous for the mountain

- Rucksack (large enough for extra clothing layers!)
- Sunscreen - factor 50
- Lip balm with sun protection
- Large water bottle


## Dryland

- Trainers
- Sport drink mix/Supplements (optional)
- Outdoor athletic wear (windbreaker, light hoodie, trackies, etc.)
- Sports socks (several pairs)

### checklist


## General clothing

- Underwear (several pairs)
- Nightwear
- Casual clothing (t-shirts, jeans, jumper etc)
- Swimwear
- Hat and gloves
- Pair of shoes/boots (separate from trainers)
- Slippers/indoor shoes


## Other miscellaneous

- Ski tuning kit (vices, iron, wax, file, guides, brushes)
- Recovery gear (Foam roller, bands, etc. Optional)
- Toiletries
- Wall socket adapters
- Sunglasses
- SCHOOL WORK! (During season only)


**PLEASE DO NOT OVERPACK! DURING THE SEASON  
WE LAUNDRER CLOTHES ON A WEEKLY BASIS**

**ALL ITEMS HAVE TO BE MARKED CLEARLY WITH TRAINEE'S NAME**

