

**Grace Ski Program**  
**Race/Travel Equipment List**

1 Timothy 4:8

Student Athletes:

**S•N•O•W**

**Ski** Equipment:

- Skate and/or Classic
- Skis
- Boots
- Poles
- Straps +/- Bag

**Nutrition:**

- Meals: Breakfast, Lunch
- Money for Dinner(s)
- Beverage (s)
- Snacks (before and after race)

**Outfit**

- Race:
- Uniform Top and Bottom
  - Warm-ups Top and Bottom
  - Hat
  - Socks
  - Gloves / Mittens
  - Undergarment(s) \*windproof
  - Goggles
  - Hand warmers
  - Watch

Travel:

- Pants
- Shirt
- Socks
- Warm Mitts
- Warm Hat
- Headband/Ear Muffs
- Facemask
- Jacket
- Camera
- MP3 / DS
- Bible / Journal

Overnight:

- Toiletries
- Glasses / contact Lenses
- Swim suit +/- towel
- Homework
- Pillow
- Medicine (notify coach)

**Warm:**

- Sleeping Bag
- Warm Boots

Gather all of your gear and check it off this list as you put it into a zip bag. Label all of your gear and clothes with a permanent marker!!! Bring all of your gear in a zip style duffle bag and keep it zipped. Label the bag with your name.

When you get your bib, put it on your uniform right away and don't take it off

Keep track of your start time

YOU MUST CHECK OUT WITH ONE OF THE COACHES IF YOU ARE LEAVING WITH A

PARENT

HAVE FUN!

**Team / Coaches:**

Notebook with releases  
Wax Bench + clamps  
Iron with extension cords  
Wax kit  
Ski support for wax area / rope  
Marking pen - start times  
Two Way Radios  
Pack  
Vaseline / warm gear / face masks  
Hand / Toe warmers  
First Aid Kit  
Tape / Super Glue  
Extra skis / poles / bindings / pole tips  
**Worship Music to cheer up coach**  
*(1Sa 16:23 Whenever the spirit from God came upon Saul, David would take his harp and play. Then relief would come to Saul; he would feel better, and the evil spirit would leave him.)*