



Thunder Ridge Race Team

Winter 2012-2013

Equipment



Equipment needed

- Skis
 - combi ski for U10
 - combi skis for U12 or 1SL and 1GS if recommended by the coach
 - U14 and older - 1SL and 1GS
- Poles - combo or SL and GS, see above
- Boots
- Race helmet, no soft ear helmets allowed! If using a slalom chin guard make sure that helmet is compatible - should have pre-drilled holes on sides
- Slalom chin guard for helmet, suggested but not required
- Pole guards for slalom
- Shin guards for slalom
- 2 pair goggles - day (regular) and night (clear)
- Backpack for gear

Equipment optional

- Race suit - an investment for 1st year racers. You may want to wait to be sure that your child will continue in the sport, but you should know that all U12-U16s and 95% of U10s will have them on race day, your child will see this
- Race ski pants/warm-ups - if your child wears a race suit, he/she cannot use traditional ski pants. Racers wear ski pants that zip off completely on both sides. This allows the racer to start with them over their race suit and keep warm. At the start area, just before their run, the racer will zip them off without taking off their boots, and race in their race suit. After the run, they will zip them back on to warm up
- Rain pants
- Back protector for U14 and older

Backpack essentials

- Ski straps for skis
- Extra pair mittens/gloves - in case 1 gets wet (and it will)
- Extra pair ski socks - in case 1 gets wet
- Rain shell
- Warm top for layering
- Screwdriver to put chin guard on helmet for slalom (not to be worn for GS!)
- Small towel
- Sharpie
- Tools for U14 and older - Ski scrapers, Brush, Gummy stone, File or Diamond stone (for top of hill fine tuning before race)

LABEL EVERYTHING! It is vital that your racer keep track of their equipment at races - this is not the responsibility of the coaches.