

Here is a list of equipment we expect the J3's to have. It looks like a lot, and it is. But they will start tuning their own skis, especially if they travel with the team to races. If your athlete is planning on going to all the races, they will need SL skis, GS skis and SG skis.

Race/Training Day Checklist

Wax/Tune Kit

- Wax
- Scraper
- Vices
- Gloves with the Fingers Cut Off
- Heavy Duty Rubber Bands
- Diamond Stone
- Files
- Clamp
- Guide (92 or 93 degrees)
- Gummy Stone (Recommended)
- Wax Box
- Lock (recommended)
- Sharpie – **PUT YOUR NAME ON EVERYTHING**
- Travel Iron (recommended)
- Brushes brass, nylon, horsehair (recommended)

Training

- Speed suits – must be worn to **all** gate training sessions.
- Helmets
- Back Protector
- Shin Guards
- Pole Guards – You should have different poles for slalom and GS
- Mouth Guard (highly recommended for slalom)
- Stealth
- Training shorts (recommended for slalom)
- Water Bottle (not camel back)

BRING A BACKPACK TO ALL RACES TO PUT EQUIPMENT AND SPARE CLOTHING, LUNCH ETC IN.

NO Cellphones or IPODS/Radios on hill (excepting race days at appropriate times)