

## 2023 SARC Packing List

Weather at Mt. Hood can be unpredictable and vary greatly from day to day. From single digit temps to 50 degrees and sunny, campers need to be prepared for anything. Off the mountain, temperatures are more mild and usually in the 40-60 degree range. We will be doing everything from swimming to season, so pack for every season, but please do not overpack! Storage space is limited so athletes should only bring what they need. Athletes who are staying for two weeks will have the chance to do laundry between sessions.

### Ski Clothing (Enough to last 5 days of skiing)

- Ski Base Layers
- Mid-Layer(s)
- Ski Socks
- Ski Masks
- Gloves and Mittens (A warmer option and a lighter option)
- Speed Suit (Wear to training each day)
- Ski Pants
- Ski Shorts (if you have them)
- Warm, waterproof ski jacket
- Hoodie (many athletes ski in just a speed suit and hoodie on warm days)

### Ski Gear (Label everything!)

- GS and Slalom skis (if you have both)
- Hard Ear** ski helmet
- Goggles (No clear lenses. Palmer Glacier is VERY bright)
- Poles with hand guards**
- Slalom chin guard**
- Tool to remove slalom chin guard. Athletes may NOT train GS with a SL guard on their helmet.**
- Shinguards**
- Ski Straps** (This is required. Write names on them. All skis are loaded up in a truck every day and without straps your edges can be damaged)
- Tuning equipment (we will have some camp tuning gear available for sharing if you don't have your own. Don't worry about bringing an iron and vices. We will have one.)
- Boot Bag Backpack. This needs to be a ski specific pack that can fit ski boots, helmet, extra layers, gloves, etc. and athletes need to be able to ski with it on.
- Cat Tracks** (Athletes will be walking through parking lots wearing their boots. Make sure they are the right size.)

### Clothing (Enough to last 1 session) \*Please label clothing with names!

- T-Shirts
- Long Sleeve Shirts
- Sweatshirt
- Athletic Shorts/Pants/Leggings

- Casual non-athletic clothing (optional)
- Swimsuit
- Hat/Sunglasses
- Athletic Shoes
- Socks
- Shoes to wear to the lake (Tevas, Keenes, Chacos, etc.)
- Slides or flip flops if you want to wear them in the houses

#### Toiletries

- Shower Caddy
- Toothbrush and Toothpaste
- Face/body soap
- Shampoo/Conditioner
- Deodorant
- Beach Towel (Houses will have shower towels)
- Sunscreen
- Bug Spray
- Hand Sanitizer (in ski backpack and outing backpack)
- Medication if needed (Must be listed on registration form or notify camp director, Sara)
- Shower Shoes

#### Misc

- Light Backpack to hike with or take to afternoon activities
- Water Bottle
- Pen and Notebook
- Phone charger (if bringing a phone)
- Spending Money. We will eat out at one meal per week and have opportunities for kids to buy things like souvenirs and Ice Cream in Government Camp.