

## List of items to bring to Alberta Youth Champs 2019

- Sleeping bag
- Pillow
- Optional-bottom sheet for mattress
- Toiletries
- A watch
- Ear plugs if you have trouble sleeping in group environments (especially useful for chaperones)
- Towel
- Ski clothes
  - Long underwear
  - Middle layer
  - Club jacket
  - Gloves/mitts (mitts are more appropriate for this weather)
  - Hat (bring more than one)
  - Spare hat
  - Race suit (if you have one)
  - Cotton free socks
  - Buff/neck tube (more than one)
  - Warm up pants
  
- Skis
- Ski boots
- Ski poles
- Pajamas
- Favorite stuffy
- Water bottle
- Underwear
- Hot shots
- 'street clothes' (non-ski clothes for the dance on Saturday night)
- Warm ski jacket
- small backpack to transport snacks, water, boots and additional clothing layers to race site (such as dry socks and spare touque)
- mug for hot chocolate

We suggest you leave valuables at home such as electronics and money, as these sorts of items will be tough to keep track of. (note-There is no cell service in West Bragg at the trail system). Also, please leave pocket knives at home.

All items should be clearly marked.

Due to several children with severe allergies, this event will be nut-free, please do not send any snacks or foods containing nuts with your child