

## Packing List for Skiers at Alberta Youth Champs 2023

**All items should be clearly marked with the skier's name.**

- Sleeping bag
- Pillow
- Bottom sheet for mattress (optional)
- Pajamas, change of underwear, change of socks (no cotton if possible)
- Favourite stuffie (optional 😊)
- Toiletries – toothbrush and toothpaste, etc.
- Towel
- Headlamp
- Earplugs if you have trouble sleeping in group environments (especially useful for chaperones)
- Swimsuit (optional - for showers)
- Ski clothes:
  - Long underwear
  - Middle layer
  - Club jacket
  - Gloves and/or mitts
  - Socks (cotton-free)
  - Hat/toque (bring several)
  - Race suit (if you have one)
  - Buff/neck tube (bring several)
  - Warm-up pants
- Skis
- Ski boots
- Ski poles
- Water bottle
- Watch
- Hand and toe warmers (optional)
- “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 tuque)
- Reusable mug for hot chocolate
- Relay costume

We suggest that you leave pocket knives, electronics, money and other valuables at home.

*(Note: There is very limited cell service in West Bragg Creek at the trail system).*

Camp Horizon is strictly nut-free. Please DO NOT send any snacks or foods containing peanuts or nuts with your skier.