



# Snow Sports Equipment List

Our Winter Programs will provide all the equipment to make your experience the best it can be. Your personal equipment can be used but will be checked by your Crew Guide for suitability.

What You Need to Bring	What We Provide
<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Packed lunch or money to buy a lunch</b> *bring money for super if you plan to stay later to ski/snowboard</li> <li><input type="checkbox"/> <b>1 Pair of Top and Bottom Long Underwear (not cotton)</b> This is a very important part of a successful winter camping experience. <u>The biggest winter camping mistake is to wear cotton.</u> Cotton absorbs moisture and holds it next to the body, which then causes heat to be drawn away very rapidly.</li> <li><input type="checkbox"/> <b>2-3 Upper Body Warmth Layers</b> These layers should be of non-absorbing fabrics again like wool or polyester. Fleece or wool sweaters or vests are great. <u>Cotton should not be used here either.</u></li> <li><input type="checkbox"/> <b>1-2 Lower Body Warmth Layers</b> These layers should be of non-absorbing fabrics again like wool or polyester. Fleece pants are great. <u>Cotton should not be used here either.</u></li> <li><input type="checkbox"/> <b>1 Upper Body Shell Layer</b> This could be a standard winter coat or a raincoat. This layer helps keep out moisture and block the wind. If using a raincoat plan to bring an extra warmth layer.</li> <li><input type="checkbox"/> <b>1 Lower Body Shell Layer</b> This could be a standard winter snow pants or a rain pants. This layer helps keep out moisture and block the wind. If using a rain pants plan to bring 2 warmth layers.</li> <li><input type="checkbox"/> <b>Lip protection/Lip balm</b></li> <li><input type="checkbox"/> <b>Sunscreen</b></li> <li><input type="checkbox"/> <b>Sunglasses or goggles</b></li> <li><input type="checkbox"/> <b>Health History</b></li> <li><input type="checkbox"/> <b>Health Screening Checklist</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>1 Trained Snow Sports Merit Badge Counselor</b></li> <li>• <b>1 First Aid Kit</b></li> <li>• <b>Program Supplies</b> <ul style="list-style-type: none"> <li>▪ Lift ticket</li> <li>▪ Ski Rental/Snowboard Rental</li> <li>▪ Boot Rental</li> <li>▪ Helmet Rental</li> </ul> </li> <li>• <b>1 Pair Polypropylene Sock liners</b></li> <li>• <b>1 Pair Warmth Layer Socks</b></li> <li>• <b>1 Pair Mitten Shells</b></li> <li>• <b>2 Pair Mitten Inserts - Wool</b></li> <li>• <b>1 Pair Glove Liners</b></li> <li>• <b>1 Hat</b> A fleece hat with wind stopping ear covers.</li> <li>• <b>1 Balaclava</b> A stretch-fleece full headpiece to be worn if it gets windy or very cold and can be worn at night. This Head Hugger design includes a neck and shoulder cover.</li> <li>• <b>Wool Sweaters</b> As a backup for Scouts that need warmer alternatives</li> </ul>