

FREESTYLE CAMP PACKING LIST

Daily training and coaching will take place on the Palmer Snowfield at Mt. Hood's 8500-foot elevation. Temperatures can vary from below freezing to 75 degrees F and weather can change from the typical sunny day to winter-like storms. It is important to be prepared for both.

The following is a minimum list of recommended camp gear:

- A great attitude
- Snowboard or Skis & boots/Poles
- Helmet (required)
- Complete winter outfit
- Spring/summer shells/outerwear -windproof & waterproof recommended.
- (2) pairs of gloves, one lightweight
- Water bottle, (2) pairs of gloves, one lightweight
- Casual summer wear
- Small backpack to carry items up to and from the park
- Goggles, sunglasses, and sun screen (we recommend the highest SPF, no less than 50)
- Shoes that can get wet for rafting
- Polypropylene or fleece shirt for rafting
- Toiletries
- Spending money
- Bathing suit
- Cross training/running shoes
- Rain gear

