

## **SUMMER SNOW 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.

Afternoon activities may include hiking, field sports, agility drills, swimming, white water rafting and more! Other group activities may be planned if weather prevents us from training.

The following is a minimum list of recommended camp gear:

- A great attitude
- Skis, boots, and poles
- Helmet (required)
- Tuning tools (optional)
- 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
- Athletic/sweat cloths for dry-land training
- Small backpack to carry items up to and from Palmer
- 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

