



## State Winter Games Packing List:

### ON THE MOUNTAIN:

#### Ski/Board Clothing:

- Thermal Base Layer Top
- Thermal Underwear
- Wool or Synthetic Ski/Board Socks
- Fleece or Dri Fit Shirt (under your coat)
- Waterproof Jacket
- Waterproof Gloves
- Neck Gaiter
- Goggles or Polarized Sunglasses
- Hand, Neck and Toe Warmers

#### Ski/Board Gear:

- Skis or Snowboard (in carry bag or on their own)
- Ski or Snowboard boots (in carry bag or on their own)
- Ski Poles
- Helmet

#### Cross Country Gear:

- Cross country skis
- Cross country ski boots that fit your specific skis
- Ski poles and straps of the correct size for your height
- Cross country ski clothing suitable for the conditions: base layer and lightweight jacket for your upper body, tights or pants, socks, gloves, headband, or
- Beanie
- Polarized Sunglasses

### **Snowshoe Gear:**

- Trekking poles (optional item for Special Olympics, but highly
- Water bottle or hydration pack
- Snacks (trail mix, energy bars, etc.)
- Moisture wicking base layer
- Fleece vest
- Waterproof jacket
- Waterproof pants or gaiters
- Hiking or Wool socks
- Waterproof hiking boots (Please no tennis shoes)

### **Non-Competition Clothing:**

- Warm Jacket
- Warm Hat
- Gloves/Mittens
- Warm Socks (around 2-3 extra pairs)
- Jeans/Pants for Dance
- Sweatshirt or Fleece top
- Undergarments (enough for 2 days)
- Pajamas
- Swimsuit (if lodging has a pool available)

### **Toiletries (if staying overnight)**

- Broad spectrum sunscreen (anything over 30 SPF)
- Nourishing lip balm
- Shampoo and conditioner
- Face Wash
- Body Wash
- Body Lotion
- Hairbrush or comb
- Hair ties or headband
- Toothbrush and toothpaste
- Makeup
- Deodorant
- Shaving Products

### **Miscellaneous:**

- Cell phone
- Chargers for Electronics
- Medications (appropriate marked or in original bottles)
- Wallet
- ID
- Small First Aid Kit (just in case)
- Tissues