



## ALPINE EQUIPMENT REQUIREMENTS

Each alpine athlete should arrive at SMS with the following equipment:

### Ski Equipment:

- Alpine ski equipment will be individual to each athlete. It is recommended that each athlete have a minimum of two pairs of slalom and giant slalom skis, a pair of super-g skis, and two pairs of poles for both giant slalom and slalom.
- Ski equipment accessories such as slalom and giant slalom helmets, back protector, pole guards, and cat tracks are required.
- Suitable tuning and waxing kit. Athletes receive a 40% discount when ordering through the SMS equipment managers. Tuning kits should be locked at all times. SMS is not responsible for lost or misplaced items.
- SMS alpine uniforms are available online at: <http://www.equipesport.com/collections/sms>

### Non-Ski Equipment:

- Athletes with individual health requirements must bring necessary medical devices such as but not limited to inhalers, glucose monitors, and epipens to each training session.
- Owning a mountain bike and road bike is recommended and required for athletes interested in participating on the spring/fall cycling teams.
- Shoes:
  1. Running shoes (quality is essential, suggested brands include New Balance, Asics, Saucony, and Brooks)
  2. Outdoor running shoes for mud/rain (old running shoes work perfectly for this)
  3. Soccer/lacrosse cleats
  4. Indoor court shoes
  5. Optional weightlifting shoes
- Jump Rope
- Heart rate monitor or device with equivalent heart rate capabilities
- Two water bottles (athletes must bring a water bottle to every training session)
- Sunscreen and bug spray
- Clothing suitable for indoor and outdoor training

Keeping track of an athlete's items is their responsibility. Be sure to label all possessions with a permanent marker.