

Section 8 Snowsport Institute - SLT - Ski Leadership Training Program

Equipment Check List

Ski Gear

- Skis with bindings - All mountain or all mountain carver
(In addition specialty ski equipment is optional - eg. touring skis, race skis, twin tips etc.)
- Alpine Ski Boots (Comfort over performance as you will be spending long days in them)
- Ski Poles Goggles (flat light lens and sunny lens optional) Helmet (recommended)

Outdoor Gear

- Toque (wool hat) Gloves (2 pairs recommended) Neck warmer or balaclava
- Sport sunglasses Sunscreen Sun hat or bandana
- Waterproof breathable jacket & pants Plenty of insulating layers (fleece works well)
- Wicking long underwear Lots of thin ski socks A few thick wool socks
- Day hiking pack Down jacket (optional) Down booties (optional)

Camping Gear

- 60 - 90 litre overnight backpack Headlamp or flashlight
- Minimum -12C sleeping bag Sleeping pad (ensolite, thermarest or similar)
- Water bottle Pocket knife or multitool Compass Lighter
- Stuff sacks Several garbage bags Unbreakable cup, bowl, and spoon

Travel Gear

- Passport and travel documents (if necessary) Medical & travel insurance information
- Toiletries kit Extra clothing (for social gatherings, road trips and dryland training)
- Running shoes Bathing suit & towel 2 pad locks
- Spending Money (for breakfasts, lunches on the hill, weekend meals, social outings, optional weekend adventures etc.) Any necessary medications

Classroom Study

- Binder or note book Pocket note book (waterproof) Pencils/pen

Optional

- Camera Music Reading material Other

Other necessary equipment will be supplied.

Note* Section 8 students will receive discounts with various local retailers so it may be wise to wait until your arrival if you are in the market for new gear. We can also help you select equipment best suited to your needs.