

## Biathlon Competitor Kit List

### Competitors should bring the following:

- LABELLED SKI BAG WITH:
  - SKIS (Race and Rock)
  - POLES (2 Sets)
  - BOOTS
  
- LABELLED DAY BAG (Small rucksack or gym bag) WITH:
  - WATER BOTTLE
  - Biathlon journal with pen and paper
  - Snacks
  - Race Uniform
  - Warm-up vest
  - Biathlon hat (the hat you wear for training/racing)
  - Extra hat (NOT for skiing, to be worn after training)
  - Skiing gloves (the gloves you wear for training)
  - Biathlon Gloves (the gloves you wear for shooting/racing)
  - Extra pair of gloves (NOT for skiing; meant to remain dry and be worn after training)
  - Neck warmer, balaclava, or similar
  - Sunglasses
  - Lip balm or Vaseline
  - Extra pair of socks
  
- PERSONAL KIT IN LABELLED DUFFLE BAG (or large suitcase)
  - HEALTH CARD
  - HYGIENE KIT (toothbrush/paste, DEODERANT, soap, shampoo, towel, etc.)
  - SLEEPING BAG & PILLOW
  - AIR MATTRESS OR COT (provided)
  - Shower sandals
  - Warm base-layer for skiing (2 pairs worth)
  - Warm-up clothes to go over base-layer (2 pairs worth)
  - Outer ski layer x1 (should be wind-break and water resistant)
  - Undergarments x 6
  - Socks x 6
  - Running shoes
  - Winter boots
  - Winter jacket
  - Winter pants
  - Civilian clothes (2 sets)
  - Sleep wear (including facemask and ear plugs)