



**EARLY SEASON TUNE-UP AT SUGAR BOWL  
EQUIPMENT LIST**

**SKIING GEAR**

Alpine skis, bindings, boots and poles  
Ski helmet (optional)

**CLOTHING**

**Next to skin layers:**

Short sleeve T-shirt – light merino wool or capilene  
Long sleeve light merino wool or capilene zip t-neck  
Merino wool or capilene briefs or similar  
Ski socks – wool/nylon blend or similar

**Outer layers:**

Ski parka and pants  
Soft-shell jacket (lightly insulated) or fleece pullover or full zip  
Wool or fleece hat  
Fleece neck gaiter for storm conditions  
Gloves – medium weight, warm ski gloves and/or light gloves for spring conditions

*This is a recommended optimum layering system. Certain items may be substituted but combination of layers should equal the recommended list for warmth, moisture wicking, wind and precipitation resistance, weight and packability.*

**MISCELLANEOUS**

Sunglasses  
Goggles  
Sunscreen – 50+ SPF  
Lip balm – 30 SPF  
Camera (optional)

**FOOD**

Lunch is available at the Sugar Bowl Cafeteria.