



HRT Athlete Equipment List



Middle School Athletes

Required equipment:

- Helmet
- Skis
- Bindings
- Poles
- Ski Boots
- Shin guards
- Hand guards
- Goggles

Optional equipment:

- GS Suit
- Dual event skis, if one ski use slalom ski
- Dual events ski poles
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Key equipment specs:

- 1. Skis**
 - a. Slalom skis should come to the skiers chin
 - b. GS skis should come to the skiers forehead
 - c. If a dual skis used, the ski should come to the skiers nose
- 2. Boots**
 - a. Boots should fit like a sock. Too loose is BAD!!
 - b. Wear a ski sock, no pants or other clothing in the boot
- 3. Bindings**
 - a. Have a ski shop technician set bindings according to level and weight. Check forward pressure
 - b. Have a coach check forward pressure**
- 4. Goggles**
 - a. If you are shopping for goggles take your helmet to the shop to try them on together. Same brand goggles and helmets will be the most compatible.

K-5th Graders

Required equipment:

- Helmet
- Skis
- Bindings
- Poles (younger athletes may not need them)
- Ski Boots
- Goggles

Optional Equipment:

- GS Suit
- Dual event skis
- Hand guards
- Shin guards
- Dual event ski poles