

## Packing for Skimo Races: Gear, Clothing, Nutrition

1. Following checklists show items that are **very useful** to bring on race trips as well as those **required** by official ISMF sporting rules and regulations.
2. Study required gear list for **every race** you plan to attend. If such a list is not provided then ask for it.
3. For specific skimo training information see "Manual for Ski Mountaineering Racing" e-book and videos: [www.skintrack.com/manual-for-ski-mountaineering-racing/](http://www.skintrack.com/manual-for-ski-mountaineering-racing/)

### Gear & Equipment:

- 1<sup>st</sup> pair of skins
- 2<sup>nd</sup> pair of skins
- 3<sup>rd</sup> pair of skins
- Skis
- Boots & Liners
- Ski poles
- Helmet
- Goggles
- Sunglasses
- Avalanche beacon (check batteries!)
- Probe
- Shovel
- Survival blanket
- Backpack

### Useful Extras ^ and Rarely Required Gear \*:

- First aid kit ^
- Multi-tool ^
- Duct tape ^
- Skin glue ^
- Wax ^
- Head-lamp \*
- Chemical hand warmers ^
- Whistle \*
- Waxing iron, scraper & brush ^
- Crampons \*
- Harness, Via ferrata kit, Ascender \*
- Rope \*

### Clothing:

- Race suit (or jacket & pants combo)
- Socks (2 pairs)
- Lower body underwear
- Sports bra
- 2 Long-sleeve base layers (1 lighter, 1 warmer)
- Short-sleeve base layer (in spring months)
- Long-johns
- 1 or 2 head bands (or bandanas)
- Thin hat
- Warm hat
- Race gloves
- Warm ski gloves or mitts
- Light windbreaker jacket & pants
- Warm-up jacket & pants
- Warm insulated jacket (down or synthetic)
- Soft-shell or light fleece jacket

### Nutrition & Hydration:

- Bottle, Flask or/and Water reservoir
- Extra bottle for hydration before the race
- Sports drink
- 3-5 energy gels (more for 3h+ races)
- 2-4 energy bars
- Race day breakfast and pre-race nutrition (muesli, bread, bananas, dates, jam, eggs...)
- Recovery drink and food (3:1 carbs-to-protein)
- Coffee