

<b>Equipment Summary – Suggestions &amp; Requirements</b>		<b>U10</b>	<b>MtnStar (N/A)</b>	<b>U12</b>	<b>U14</b>	<b>U16 and U18</b>	<b>Comments</b>
<b>Category</b>	<b>Item</b>	<b>5 – 9 years</b>	<b>10 – 15 years</b>	<b>10 – 11 years</b>	<b>12 – 13 years</b>	<b>14-17+ years</b>	
Boots	Booster Strap	Not required	Not required	Not required	Coach recommend.	Coach recommend.	
	Lifter Plate on Boots	Not required	Not required	Coach recommend.	Coach recommend.	Coach recommend.	
Skis	SL	YES	YES	YES	YES	YES	
	GS	Not required	Not required	Nice to have	YES	YES	
	SG	Not required	Not required	Not required	Nice to have	YES	
Poles	Rock Ski	Nice to have	Nice to have	Nice to have	Nice to have	Nice to have	Poles must fit properly and must have safety straps
	Straight (SL) Poles	YES	YES	YES	YES	YES	
Protection	Bendy (GS) Poles	Not required	Not required	Not required	YES	YES	
	Shin Guards (SL)	Not required	Not required	Nice to have	YES	YES	
	Pole Guards (SL)	Not required	Not required	Not required	YES	YES	
	Chin Guard (helmet)	Not required	Not required	Not required	YES	YES	
	Mouth Guard	Not required	Not required	Not required	YES	YES	
	Back protector	Not required	Coach recommend.	Coach recommend.	Nice to have for SG	YES	
	Race Helmet	YES	YES	YES	YES	YES	
	Goggles (double lens)	YES	YES	YES	YES	YES	
	2nd pair of goggles	Not required	Not required	Nice to have	Nice to have	Nice to have	
	Padded DH suit	Not required	Not required	Not required	Nice to have	Nice to have	
Clothing	Training Shorts	Not required	Not required	Not required	YES	YES	
	2nd pair gloves/mittens	Nice to have	Niche to have	YES	YES	YES	
	Running Shoes	YES	YES	YES	YES	YES	
	Rain Poncho	Nice to have	Nice to have	Nice to have	Nice to have	Nice to have	

All race helmets MUST have hard plastic over the ears. U14, 16 MUST have a FIS approved sticker. Soft ear helmets are acceptable for U8 and MtnStar program.