

## **Age 10 and up race gear recommendations for 1st year:**

### **Needed:**

- FIS rated helmet with chin guard (chin guard not needed until age 12)
- SL race skis or multievent race skis
- Ski boots (capable of some ankle movement, fits snug but comfortable)
- Poles (sized for current height <https://the-raceplace.com/pages/how-to-size-ski-poles>)
- Basic tuning gear (sharpening and waxing will be a weekly routine)
- Ski bag (needed when transporting skis to races/camps)

### **Nice to have:**

- Goggles with multiple lenses for night training, sunny days. Xevo goggles are available to RART online at 50% off (discount code: RART).

The following race gear is typically not needed for a 1st year racer but will sometimes be needed later in the season or often by the 2nd season racing. Since much of the below gear can last multiple seasons it is often recommended to take advantage of deals for used equipment at the RART ski swap.

- Shin guards (age 12)
- Pole guards (age 12)
- Race suit and tear-away ski pants (Must have tear-away pants if wearing a race suit)

### **Gear not needed for the 1st season:**

- GS skis