EQUIPMENT LIST **2015 Igor Legacy Camp**
JUNE 19-21, 2015 **IOLA WINTER SPORTS COMPLEX -- IOLA, WI**

1. CAMPING equipment

a. Tent – skiers should selects their own "Tent-buddies"
** If you need a tent or a "Tent-buddy," let CXC know ASAP, and CXC will match you up with an "Tent-buddy"
b. Sleeping Bag and Pillow and Pajamas; possibly a sleeping mat
c. Flashlight and/or Headlamp
d. Rain Suit or Raincoat

2. CASUAL CLOTHING for after each workout and sitting around the campfire

a. Plus, extra shoes and/or sandals

3. Personal TOILETRIES for health and wellness

a. Toothpaste, toothbrush, and other personal needs
b. Towel
c. Swimwear
d. Suntan lotion and bug repellant

3. WORKOUT CLOTHING and Supplies

- Water bottle and belt for training
- Running shoes and socks
- Running shorts
- Running T-shirt; plus a long sleeved shirt
- Warm-ups: long pants and jacket or sweatshirt
- Hat or cap
- Sunglasses
- Bounding poles (poles that are slightly shorter than classic poles)

* CXC will have some bounding poles available at the camp

I. Training log/training plan/heart rate monitor (if you have one)

4. ROLLERSKIS -- both classic and skate

* Plus, poles for classic and skate
* Plus, ski boots for classic and skate
* Plus, a bike helmet and gloves
*** CXC will have some rollerskis and poles available for use at the Camps; CXC will NOT have the boots, helmets, or gloves; therefore, at the very least, **skiers should bring their own ski boots, bike helmet, and gloves**

5. OTHER NEEDS

a. Healthy snacks for between workouts
b. Reading material for down time:
c. Nordic ski smiles and questions

NOTE: No cellular telephones or electronics allowed during camp activities, workouts, or meals

CXC will PROVIDE: camping fees, six meals, camp T-shirt, coaching, and supervision

PLEASE let me know your travel plans; and, if you have any questions, comments, or concerns:
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