Alpine Ski Gear Checklist

Athlete Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete Age Category:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete Height: \_\_\_\_\_\_\_\_\_ Suggested ski heights \_\_\_\_\_\_\_\_\_\_\_SL \_\_\_\_\_\_\_\_\_\_\_GS \_\_\_\_\_\_\_\_\_\_\_SG \_\_\_\_\_\_\_\_\_\_\_DH

Athlete Weight: \_\_\_\_\_\_\_\_\_

Athlete Boot Size: \_\_\_\_\_\_\_\_\_

Suggested Flex: \_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Age/Cateogry | Multipurpose | Slalom | Giant Slalom | SG | DH | Helmet  (Full Ear) | Shin Guards 1st/2nd year | Body Protector/ Back Protector | Pole Guards  1st/2nd year | Chin Guard | DH Suit | Tuning Kit |
| U10 | Yes | No | No | No | No | Yes | No | No | No | No | No | Basic |
| U12 | Yes | Opt | Opt | No | No | Yes | No/Opt | No | No/Opt | No | Opt | Medium |
| U14 | Woods/Park | Yes | Yes | Opt | No | Yes | Yes | Yes | Yes | Yes | Yes | Medium |
| U16 | Woods/Park | Yes | Yes | Yes | Opt | Yes | Yes | Yes | Yes | Yes | Yes | Advanced |
| FIS | Woods/Park | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Advanced |

Tuning Kits:

Basic: Regular Wax or Nanox Training Wax, Side Guide File, Structure Brush, Elastics, Iron

Medium: Nanox Train Wax, Side Guide File, Base File, Structure Brush, Elastics, Iron, Base Cleaner,

Advanced: Nanox Train and Nano Race Wax, Side Guide File, Base File, Side Wall Cutter, Structure Brushes, Elastics, Iron, Base Cleaner, True Bar

NON-FIS RACE SKI SIZING GUIDELINES

|  |  |  |
| --- | --- | --- |
| **Racer Height  Inches** | **Racer Height  Centimeters** | **Approx. Ski Length (cm)** |
| 45 - 48 | 114 - 122 | 100 - 115 |
| 49 - 52 | 125 - 132 | 110 - 125 |
| 53 - 56 | 135 - 142 | 120 - 135 |
| 57 - 60 | 145 - 152 | 130 - 145 |
| 61 - 64 | 155 - 163 | 140 - 155 |
| 65 - 68 | 165 - 173 | 150 - 165 |
| 69 - 72 | 175 - 183 | 160 - 175 |
| 73 - 76 | 185 - 193 |  |