

## Junior Biathlon equipment list

### Dryland Training

- Skate roller skis
- Skate boots
- Skate and Classic poles with roller ski ferrules
- Short classic poles for ski bounding
- Bike helmet, Gloves
- Hi visibility vest or t shirt for roller skiing
- Good quality trail running shoes
- Yoga mat
- Head Lamp (A MUST)
- Heart Rate Watch, ideally with strap, to record workouts
- Water Bottle that can be worn while training.
- Rifle, case and trigger lock
- Ammunition and box
- Arm band, sock to put under arm band

### Winter Training

- Clothing to Participate in ALL weather conditions.
- Skate Skis
- Classic Skis
- Skate and Classic Ski Boots or Combi Boot.
- Skate and Classic Poles.
- Good quality trail running shoes
- Yoga mat
- Appropriate Gloves, Toques, Mitts, Face covering (buff)
- Wool Socks
- Wicking Layers (not cotton)
- Warm Up or Training Weight clothing
- CNSC Race Suit
- Glasses or Visors for different light and weather conditions
- Head Lamp (Mandatory to have on the skier at all practices)
- Heart Rate Watch, ideally with strap, to record workouts
- Water Bottle that can be worn while training
- Rifle, case and trigger lock
- Ammunition and box
- Arm band