



**CROSS COUNTRY SKI ASSOCIATION OF MANITOBA
CANADA WINTER GAMES**

IDENTIFIER CAMP #1

“BENCHMARK ASSESSMENTS”

Kenora: Saturday & Sunday, May 15 & 16, 2010

Waiver / Health Information & Camp Fees
Medication (epi-pens / inhaler etc.)
First Day Lunch & Healthy Snack Foods
Sleeping Bag & Pillow (if billeted? or staying in yurts)
Change of Active Wear Clothing for Cool Weather (2 days)
Change of Active Wear Clothing for Warm Weather (2 days)
After Work out Casual Clothes
Good Footwear for Outdoor Pursuits x 2 (Runners)
Rain Wear
Fleece & Wind Breaker
Swim Suit & Towel
Sun Hat and Toque
Gloves
Sunglasses
Pajamas
Water Bottle & Holder
Sunscreen & Sunglasses
Skate Roller Skis, Skate Boots & Poles with Carbide Tips
Roller Skates (if you do not have roller skis)
Helmet (mandatory)
Knee Pads / Elbow & Wrist Protectors for new roller skiers (if you have & a good idea)
Dry Land Hiking Poles
Heart Rate Monitor (if you have)
Camera
Book & Flashlight
Toiletries
Small Pack

***NOTE:** if medications are brought to camp and require coaches to administer, please forward a note on description of medication and dosage to be administered. Please keep in original container. The participant during activities **MUST** carry epi-pens and inhalers unless arrangements have been made.

Please notify in advance if there are any special dietary needs regarding allergies or food practices by the participant.