



## Devo/Junior Summer Gear List

### Everyday:

- 1) Weather appropriate clothing. Preferably synthetics. Avoid cotton.
- 2) Digital watch with timer
- 3) Water Belt with water bottle or Camelback
- 4) Running shoes (no basketball shoes, skater shoes, or sandals)
- 5) Dry change of clothes for after practice

### Other days:

- 6) “Bounding poles” for ski walking/bounding intervals. These should ideally be 10cm shorter than classic poles. CHEAP, old poles are fine for bounding. (Junior A/B, 5 days/week only)
- 7) Classic Roller Skis and Poles w/farrels. We recommend Ski Skete “Nords” from AMH.
- 8) Skate Roller Skis and Poles w/farrels. We recommend Ski Skete “Fires” from AMH.

\*\*Poles can be the exact same poles used for skiing. However, the baskets/tips must be switched for roller skiing “farrels” which are more durable for pavement.

\*\* There is a combi roller ski (good for both skate and classic) available at AMH. Combi skis are always an *economical* option for roller skis but some performance is lost for both techniques.

- 9) Helmet: a helmet must be worn during ALL practices. Athletes who don't have helmets will be sent home.
- 10) Mountain bike (for Devo and Intermediate or Junior “B” group only)

