**Calforex Cup #2**

 **Canmore**

**January 7-8, 2017**

Team Departs Whitehorse Thursday, Jan 5th

Whitehorse to Vancouver – Jan 5th Air North 505 departs @ 07:30 a.m.

Vancouver to Calgary – Jan 5th Air Can AC212 depart @ 11:55 a.m.

**Be at the Airport by 06:00 a.m.**

# WHAT TO BRING

      Skating skis (2 sets if possible) and poles – please bring them to the airport on Thursday and we will put them in large ski bags to minimize luggage.

      Rifle in hard case, soft rifle cover, lock and keys, armband & ammo – put your 5 boxes of ammo in a plastic or metal container in your checked luggage.

      Ski boots – Please put these in your carry on!

      Clothes you use on Race Day including Biathlon Yukon jacket, race suit, hat/headband, buff and shooting gloves. You have a practice day and 2 race days in Canmore. Bring spare training clothes in case your race suit does not work for you. Include a set of under layer/long johns.

      Winter jacket and over pants for before and after races.

      Daypack/Athletic Bag - have a day bag large enough for your boots, clothing to change into after the race, warm up clothing, lunch, water bottle.

      ID Documents – Passport/Photo ID for flight, PAL certificate and Yukon Health Care Card

* Bag Lunch/Snacks/Water for flight and car ride to Canmore
* Comfortable clothing for evenings and travel
* Running shoes and running clothes for morning Creak & Groan
* Extra toque/shooting gloves/race socks (things may get wet)
* Light winter boots / mitts
* Toiletries/Shampoo/Soap/Toothbrush/Pajamas
* Water Bottle
* Sunscreen/Sunglasses
* Wristwatch/alarm clock
* Headlamp or flashlight
* Book/journal/pen
* Special snack/drink you NEED on race day - we will be making bag lunches at the hotel, but may not have what you want before or after your race – bring the special snack you must have!
* Debit card and/or money for shopping and possible Sunday supper at a restaurant
* Camera, Phone, iPod/Charging cords
* Swimsuit and towel
* Homework

 **You are allowed one suitcase and one carry-on for your personal gear.**

**When packing your rifle, loosen the bedding bolts, remove the clips from the clip holders on the stock, and make sure there is NO AMMO in with your rifle.**

**If you are bringing medicine/allergy medication, please alert a coach about what you are taking and why. We NEED to know if you have an inhaler for asthma or an epi pen.**