

## **GBR BIATHLON – EUROPEAN CUP SQUAD SUMMER TRAINING KIT LIST**

This list is to be read in conjunction with the EC Summer training Warning Order, published on 10 Mar 07.

### **Each athlete will require:**

#### **General sports clothing including:**

- windproof/waterproof top and bottoms
- lycra race suit x 2
- winter thermals
- hats
- gloves
- fleece tops
- gym clothes

**Polar Pulse watch** (minimum requirement is Polar 610 - must be able to download via infra-red)

#### **Trainers:**

- clean gym trainers
- good all terrain running trainers
- track shoes (if preferred for track training)

#### **Roller skis:**

- classic (any)
- skate (Marwe 610)

#### **Poles:**

- 2 x skate (with roller ski tips)
- 1 x classic (with roller ski tips)

**Mountain bike** (Or just SPD pedals and shoes; quality bikes available to rent in Ruhpolding)

**0.22" Anschütz Rifle** complete with arm sling and 8 magazines. If athlete or Unit does not hold their own, this can be borrowed from BA(G) or HQ Land Pools – as per loans for winter.

#### **Documentation:**

- European Firearms Certificate or NATO travel order is mandatory
- European Health Insurance Card (EHIC). (This replaced the old E 111 at the end of 2005). It must be applied for either in person at a Post Office or by downloading from [www.dh.gov.uk/travellers](http://www.dh.gov.uk/travellers)
- Passport (& ID card!)
- Driving licence
- ALL documentation for private vehicles

**For further information or general direction as where to get a good deal on equipment, contact the EC Coach Sgt Marc WALKER direct:**

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