



MRST GS CAMP ANNOUNCEMENT

Dates: June 23rd – 26th, 2025

(Arrive afternoon of the 22nd, depart 26th following training)

Location: Timberline, Mt. Hood OR.

Camp Summary: 4-day GS progression with an emphasis on fundamental skills that will incorporate varied GS courses and constraints.

Estimated Cost: \$1600

Includes: Lodging, meals, transportation, on-hill expenses (tickets, salt), and coaching expenses.

Eligibility: Athletes U14-U18/FIS, no exceptions.

Registration: [Camps](#)

Timberline Waiver: <https://tinyurl.com/4veje64s>

Packing List: GS equipment, SL Equipment (as weather backup), gym clothes including laced athletic shoes, hiking shoes/boots, journal, water bottle, sunscreen, daypack for on-hill, goggles (dark, medium, clear lenses), rain coat/poncho, 2+ pairs of gloves)

Itinerary:

22nd – Arrive in Government Camp by 5pm

23rd – GS Training AM, Video Review, Dryland Activity PM

24th - GS Training AM, Video Review, Dryland Activity PM

25th - GS Training AM, Video Review, Dryland Activity PM

26th - GS Training AM, Depart from Government Camp around noon.

Questions: contact Roger Taggart roger@mrst.us or Carson Ruud carson@mrst.us
[Camps \(mrst.us\)](#)