

## Complete Cross Country Skiing Gear and Equipment List

### Equipment

- Skate skis and bindings that are fit for skier's height and weight
- Skate poles—height between upper lip and nose
- Skate boots that fit bindings on skis
- Classic skis and bindings that are fit for skier's height and weight
- Classic poles — height between armpit and top of shoulder
- Classic boots that fit bindings on skis

### Clothing

All clothing should be water wicking! Cotton is Rotten!

- Hat
- Headband
- Buff
- Long underwear tops x2 (extra one for a dry layer to put on after racing)
- Water wicking warmer layers, such as a fleece or athletic top
- Jacket, breathable and lightweight
- Long underwear bottoms x2 (extra one for a dry layer to put on after racing)
- Ski pants or athletic pants, preferably ones that can zip off over ski boots
- Wool socks, several pairs
- Glove liners (merino wool ones are Coach Katie's favorite!)
- Ski gloves or mittens (Toko and Swix are good brands), ski gloves fit well into the pole grips

### Miscellaneous

- Ski bag
- Gear bag
- Waist water bottle holder and water bottle
- Headlamp
- Dermatone face and skin protection for cold weather
- Hand and feet warmers
- Sport sunglasses, option for interchangeable lenses, good to protect eyes when rollerskiing and during mass starts when poles are flying!

### Summer/Dryland Training

- Skate rollerskis and bindings, use with your skate ski boots

- Roller ski tips to use on your skate ski poles
- Classic roller skis and bindings, use with your classic boots
- Roller ski tips to use on your classic poles
- Consider separate roller ski poles that are less likely to break than nice ski poles
- Helmet, required, high visibility
- Light weight gloves to avoid blisters
- Sport glasses, required for safety
- High visibility clothing!!

### Waxing

- Wax box (tackle box is cost effective option)
  - Kick waxes for full range of temperatures and cork (then the skiers can use their classic skis at home)
- Spray wax remover to remove kick wax
  - Wax table
- Wax form
- Iron
- Glide waxes
- Scraper and groove scraper
- Brushes

### Recommended Ski Shops—Gift Certificates are always great gifts!

- New Moon Bike and Ski, Hayward
- Riverbrook Bike and Ski, Hayward
- OutThere, Rice Lake
  - OutThere has a race equipment buy-in program
- FinnSisu, St. Paul, MN
- Gear West, Long Lake, MN (Western Mpls. Suburb)