



# CLUB SPORTS ALASKA

## Family Cross Country Skiing

### GEAR GUIDE!

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#### YOUR SKIER NEEDS:

- Combi skis or dedicated Skate & Classic Skis
- Combi Poles or dedicated Skate & Classic poles
- Combi Boots or dedicated Skate & Classic boots
- Wax Kit
- Clothing

**\*\*\*Label ALL your gear!** BOTH skis and BOTH poles, all outerwear clothing, wax, etc.\*\*\*

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#### ALL ABOUT EQUIPMENT!

*This guide is intended for families and skiers who are new to skiing as well as those looking to upgrade equipment. For pretty much all of our skiers the brand and line of ski will make little to no difference, it is much more important to find a solid pair of skis that fits the athlete well.*

**Where Can I Buy Nordic Ski Equipment?** You can purchase equipment from one of the shops in town, or find used equipment at local gear swaps.

- [NSAA Ski Swap](#) – Oct 30, 2021
- [Alaska Mountaineering & Hiking \(AMH\)](#)
- [The Hoarding Marmot](#)
- [Barney's](#)

- [Play It Again Sports](#)
- [REI](#)
- [Trax Outdoor Center 2.0](#)
- [UAA Ski Swap](#) - TBD

**Skis:** When buying skis, the NO-WAX variety (fish scales texture on the bottom) are the least preferred except for the youngest skiers who will only be classic skiing since they will not work when your child starts to skate and they are SLOW for learning skiers. **The best bet is a combination ski** which is designed for both classic and skate techniques. If you already own waxless (fish scale) skis, it will be harder for your child to learn to skate ski when he or she gets to that stage. Skis should be approximately the same height as your child, unless choosing classic specific skis. Then child should be able to reach and touch the top of the ski when standing on flat feet.

**Boots:** **Boots must match the ski bindings.** There are two types on the market, SNS and NNN. Boots are specialized like skis, but **a combination boot**, which is designed to work for both the classic and the skate techniques, **is the best value.** Remember to get boots that have a little extra room to accommodate wool socks and some foot growth during the season. Feet that are squeezed into boots that are too small are often COLD feet. Please be sure BEFORE you bring your child to ski that the boots fit and stay in the bindings. Below is a great chart from NSAA.

## BOOT Difference Chart



**Poles:** Pole length ideally varies with the technique. However, for beginning and younger skiers, one set of poles that works for both techniques is suitable. *Pole measurements are taken when standing with boots or sneakers.* Pole height will be slightly shorter when on skis.

6-8yrs: poles should come to just above armpits

8-12yrs: One pair of poles that comes almost to child's chin, OR two pairs of poles: Skating—mouth height, Classic—just above armpit height

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## WHAT TO WEAR

The key to a happy skier is being warm enough for conditions, but not so bundled up as to prevent movement. Snow pants and winter coats are usually too warm, so layering is the secret. Layers can be shed as a child gets warm.

**VENTILATION**—closest to the skin to allow perspiration to move away from the skin. Breathable polypropylene or other synthetic long underwear provides the ventilation layer. **NO COTTON!**

**INSULATION**—to trap the warmth generated by your body. Fleece, wool, or other synthetic material provides the insulation layer. **NO COTTON!** You'll need to vary the insulation layer based on the temperature, keeping in mind that skiers warm up when they are moving but cool off when they are not.

**PROTECTION**—the outer layer that protects you from wind and wet. Younger skiers spend a lot of time on the ground so a waterproof or water resistant layer on the bottom is a wise idea. For everyone, a wind resistant jacket and pants are recommended. Kincaid is often windy. **NO COTTON!**

**HEAD & Neck** – Wearing a hat is a must. **NO HAT, NO PRACTICE!** A buff or neck warmer is also recommended. This light weight garment traps a lot of heat and can easily be stuffed into a pocket if the skier gets hot.

**HANDS** – Mittens are preferable to gloves. Hand warmers can be thrown in on cold days

**FEET** – Wool socks are a must. Many brands sell kids sizes.

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## **WAX INFORMATION**

Each family will need a basic wax kit and will be responsible for waxing their child's skis. Instruction will be provided at the beginning of each session for those needing assistance. See the WAX GUIDE for details on what to get and how to wax.