



CLUB SPORTS ALASKA

Family Cross Country Skiing

GEAR GUIDE!

YOUR SKIER NEEDS:

- Skis (see guide below per age)
- Poles
- Boots
- Wax Kit (if using waxable skis)
- Clothing

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

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 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 15, 2022
- [Alaska Mountaineering & Hiking \(AMH\)](#)
- [The Hoarding Marmot](#)
- [Barney's](#)
- [Play It Again Sports](#)
- [REI](#)
- [Trax Outdoor Center 2.0](#)
- [UAA Ski Swap](#) - TBD

Skis:

5-8 years: Classic only (see exception below). A pair of no-wax classic skis will suffice. Skis should be NO TALLER than your child is tall! A big ski is a clunky ski for young skiers. (Exception: if your child has been skiing for 2+ years and is comfortable on skis a coach may speak with you about your skier learning how to skate. They would need skate or combi skis to learn skating.)

≥8 years: Skate + Classic. A waxable combi ski OR a pair of classic and skate skis. If your child is in their second year of skiing, or older than 10 years, a waxable classic or combi ski is much preferable to a no-wax classic ski. Skate and combi skis should be no taller than the skier. Classic specific skis can be up to 12" taller than the child.

Boots: Boots must match the ski bindings. There are two types of bindings on the market, NNN (more common) and SNS (less common). There are also different types of boots for the different skiing techniques, similar to skis. A combination (combi) 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 measurements below are taken when standing in the store with boots or sneakers. Pole height will be slightly shorter when on skis.

5-8 years, FIRST YEAR skiers: Will ski most of the year without poles. If purchasing poles, they should come to just above armpits.

5-8 years, SECOND+ YEAR skiers: Poles should come to just above armpits. Straps need to be in working condition. Poles should be Nordic poles, not adjustable trekking or alpine poles; the easiest way to tell if they are Nordic poles is to look at the baskets and the grips (see photo at right for the basic design).

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



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— Synthetic or wool long underwear. **NO COTTON!**

INSULATION—a light jacket, fleece, or other synthetic insulation traps heat generated by your body. **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 resistant layer on the bottom is a wise idea. For everyone, a wind resistant jacket and pants are recommended. Kincaid and Service are often windy, especially in the main stadium areas. **NO COTTON!**

HEAD & Neck – Wearing a hat is a must. **NO HAT, NO PRACTICE!** A buff or neck warmer is also recommended.

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

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