

HIGH SCHOOL CROSS-COUNTRY SKI GEAR GUIDE AND CHECKLIST

At Gear West, we are passionate about helping every skier achieve their goals, from the beginner to the aspiring Olympian, and that starts with the right equipment. Our staff are deeply involved in the cross-country community as coaches, athletes, and technicians. We created this guide for parents and skiers joining a high school team for the first time.

Below are our ski packages that can be a baseline for your equipment needs. We offer a 10% discount on all High School Nordic ski purchases (excluding the package prices below because a discount is already applied).

BEGINNER SKATE SKI PACKAGE WITH COMBI BOOT - \$440

For beginning skate skier looking for their first setup.

- Salomon RS7 Skate Ski
- Salomon Prolink Access Skate Binding
- Swix Quantum 6 Pole with Pro-Fit 3D Strap
- Salomon R/Prolink Boot

BEGINNER CLASSIC WAXABLE ADD-ON - \$250

The perfect addition to the Beginner Skate Ski package for a high school athlete looking to get into kick waxing.

- Salomon RC7 Classic Ski
- Salomon Prolink Access Classic Binding
- Quantum 6 Ski Pole with Pro-Fit 3D Strap

BEGINNER CLASSIC WAXLESS ADD-ON - \$275

The best addition to the Beginner Skate Ski package for the high school athlete who wants to get out and go.

- Package includes:
- Salomon RC7 eSkin Ski
- Salomon Shift Binding
- Swix Quantum 6 Poles with Pro-Fit 3D Strap

INTERMEDIATE SKATE SKI PACKAGE WITH COMBI BOOT - \$585

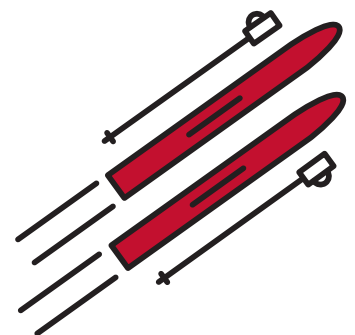
The most affordable entry-level performance package for skate skiing. If your skier has stopped growing or is a bit heavier, this is the package we recommend. It is something that they can grow into instead of out of.

- Fischer SCS Skate Ski
- Fischer Turnamic Skate Race Binding
- Salomon Pro Combi Prolink Boot
- Swix Dynamic D2 Pole with Pro-Fit strap

INTERMEDIATE CLASSIC WAXABLE ADD-ON - \$300

For the stronger athlete looking for a more robust, durable, performance-oriented classic ski package.

- Rossignol Delta Sport Classic Ski
- Turnamic Bindings (mounted)
- Swix Dynamic D2 Pole with Pro-Fit 3D strap



CHECKLIST

SKI EQUIPMENT

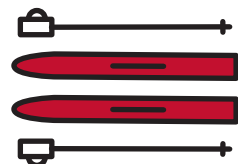
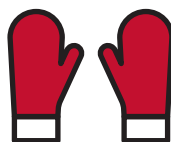
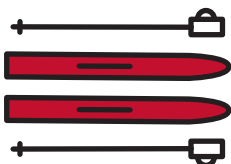
Skate and classic skiing use different techniques. Both disciplines use specific bindings, boots, and poles.

- Skis
- Bindings
 - Prolink, NNN®, and Turnamic® bindings and boots are interchangeable
 - SNS bindings are only compatible with SNS boots and are being phased out
- Boots
 - Skate boots offer a high cuff for ankle stability and a stiff sole.
 - Classic boots have a flexible sole with a lower cuff for a greater range of motion.
 - Combi boots are a great option if you want one boot for both techniques. They provide ankle support of a skate boot and a flexible outsole of a classic boot.
- Poles
 - Skate poles are approximately 10cm longer than classic poles and should be measured from your upper lip.
 - Classic poles are shorter than skate poles and should be measured from your shoulders.

WAX AND TOOLS

Talk to your coach about wax. You may need:

- Wax bench
- Wax iron
- Scraper, groove scraper, and brushes
- Kick wax
- Cork
- Paraffin wax
- Liquid glide wax
- Base Cleaner



CLOTHING

We recommend dressing in a multi-layer system with two main goals: wind protection and breathability. Moisture-wicking layers, such as synthetic or merino wool, are a must. Avoid wearing cotton. Cotton gets wet, stays wet, and freezes. Layering will help keep you comfortable and prepared.

BASE LAYERS

- Windbriefs
- Wool socks
- Top and bottom baselayer
- Mid-layer
 - Vest or light weight fleece top

OUTERLAYER

- Cross country ski jacket and pant with wind-block front and breathable back
 - Down jackets and snow pants are too warm and bulky
- Hat or headband
- Neck warmer or buff - buffs are very versatile. You can use it as a neck warmer, headband, or balaclava.
- Mittens, lobster gloves, or gloves
- Overboots
 - For negative degree temperatures

ACCESSORIES

- Ski bag - a must for the bus!
- Gear bag
- Ski ties
- Insulated hydration waist pack
- Sunglasses
- Warm Skin and Dermatone
- Hand and toe warmers