

## Waxing for glacier training

**The concept:** Glacier snow presents a challenge because it is extremely hard and abrasive in the morning, and generally gets slushy just a few hours later. Using a hard wax in the morning offers good speed and abrasion resistance. Rubbing a wet snow overlay on top when the snow gets slushy, extends the training day by increasing speed. Glacier snow is typically very dirty, so the base needs to be cleaned frequently.

### Sintered bases

**You will need:** FFC1 and FFC2C hot waxes, Butter rub-on overlay. Elite W rub-on is fluoro-free, but less effective than Butter.

<https://dominatorwax.com/products/dominator-ffc-1>

<https://dominatorwax.com/products/dominator-ffc-2c>

<https://dominatorwax.com/products/dominator-butter>

<https://dominatorwax.com/products/dominator-elite-w>

**Clean and condition the base:** Do this every three days on snow. Set the iron at 120°C, iron in a layer of FFC1 base prep wax, scrape while it is still liquid, and brush. Iron in a layer of FFC1, wait for at least 40 minutes, scrape and brush.

### Prepare the base daily with glide wax for the morning:

Set the iron at 135 °C, drip FFC2C glide wax and iron it in. Wait at least one hour, scrape and brush.

**Applying an overlay for slushy snow:** Rub the bar of Butter or Elite W tip to tail with very light pressure. One stripe down the middle for a ski base, two stripes for a snowboard base. Buff it in well with a felt pad or Pro Glide. Brush out with a medium stiffness brush.

### Extruded bases

**You will need:** FFC P1 and FFC P2C pastes, Butter rub-on overlay. Elite W rub-on is fluoro-free, but less effective than Butter.

<https://dominatorwax.com/products/dominator-ffc-p1>

<https://dominatorwax.com/products/dominator-ffc-p2c?variant=42451228164350>

<https://dominatorwax.com/products/dominator-butter>

<https://dominatorwax.com/products/dominator-elite-w>

**Clean and condition the base:** Do this every three days on snow. Apply a thick layer of FFC P1 base prep paste, brush back and forth with a stiff brush. Wait for at least one hour, scrape and brush very well.

### Prepare the base daily with glide paste for the morning:

Apply a THIN layer of FFC P2C glide paste. Wait at least one hour, then buff it in, preferably with a Pro Glide. Brush well with a medium stiffness brush.

**Applying an overlay for slushy snow:** Rub the bar of Butter or Elite W tip to tail with very light pressure. One stripe down the middle for a ski base, two stripes for a snowboard base. Buff it in well with a felt pad or Pro Glide. Brush out with a medium stiffness brush.