

Nordic Skiing Clothing

Even in the cold of a MN winter, while skiing you will sweat. By following a few key rules you will be able to stay warm enough without overdressing and becoming too hot. In order to help regulate your temperature it is important to dress in layers. Due to the fact that you will sweat, it is essential that you **avoid cotton**. Below is a list of important clothing items that will help you enjoy your time outside this winter.

Base Layers:

- Long Underwear Top
- Long Underwear Bottoms
- Wind Briefs (important for boys)
- Ski Socks (Not Cotton)

Outer Layers:

- Jacket. Wind Resistant and not too heavy.
- Nordic Ski Pants
 - At the beginning of the season we will be ordering team jackets and pants for those who would like to purchase them.
 - Brands that create good ski jackets and pants are Swix, Craft, Yoko, Salomon, Bjorn Daehlie
- Hat, headband, and/or ski earmuffs.
- Gloves/Lobster Mittens/Mittens. Mittens are warmer but need to be able to fit into pole straps.
- Buff. Can help keep your neck and face warm on cold and windy days.

Accessories:

- Ski Bag. Holds skis and poles, helps keep equipment organized when in the pod or on the bus.
- Ski Ties. Keeps skis organized and protects the bases. Often come with new skis.
- Water belt. Even in the cold you will sweat and will need to hydrate.
- Sunglasses. Can help protect your eyes from glare off the snow and from the cold.
- Watch

Items for when we travel to ski trails (Races or trails off campus):

- Dry shirt and socks for the ride home.
- Water
- Snack for after the ski.
- Backpack. Helps keep dry clothes and boots organized.
- Headlamp - to do homework on the bus if needed.