

Nordic Ski Equipment Needs

Nordic skiing does have a significant initial cost outlay. Keep in mind that unlike many sports the equipment and clothing, if well maintained, can last for many years. In some cases rental equipment may be available from nordic equipment suppliers.

Skis: Athletes will be trained and compete in both classical and skate disciplines. This will either require a pair of skate and classic skis or a single pair of “combi” skis.

Boots: Again separate classic and skate boots are available as are combi boots.

Bindings: Be sure the type of binding matches the boot. Different binding systems are available.

Poles: An athlete must have a separate pair of poles for classic and skate as a longer pole is required for skating. Having only one set of poles will severely hinder the development of proper technique and in some cases can lead to great discomfort or even injury.

Water bottle and belt: Absolutely essential. Dehydration is a hidden danger in the winter!

Wax: Supplied by team, unless an athlete chooses to use higher grade waxes (LF, HF, Cera F) prior to sectionals

Clothing

The most important concepts are layering and wicking ability that will allow moisture to be moved away from the skin (NEVER use cotton). Layers should include:

- Performance undershirt and top
- Wind resistant outer top
- Lycra bottom (this should be black as it will be part of the uniform)
- Performance socks (such as smart wool)
- Gloves (preferably nordic ski specific)
- Glove liner if needed
- Hat (wool blend or training) that covers the ears (or add ear muffs)

Of course extremely cold weather might dictate additional layering. We will ski down to 0⁰F.

Possible additions:

- Ski vest
- Team jacket (\$50 deposit by 11/9)
- Face covering
- Hand/foot warmers
- Wind resistant outer bottom

Suppliers

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| High Peaks Cyclery (purchase, possible rental) | Lake Placid, NY (518-523-3764) |
| Lapland Lake (purchase or rent) | Benson, NY (518-863-4974) |
| Peak Performance (purchase or rent) | New Paltz (255-8200) |
| Reliable Racing (purchase only) | Glens Falls, NY (518-223-4448) |
| Table Rock Tours (purchase, some limited rentals) | Rosendale (658-7832) |