

Equipment and Clothing

Clothing

General advice: Put on ski clothes before coming to the practice site; there are no changing rooms. Most kids get dressed at school. It is a good idea for the skier to use the bathroom before practice. Don ski boots in the car, and carry your skis and poles to the trailhead. Kids should always arrive at practice with hat, gloves and a jacket. Ski team jackets will be provided to each skier after registration, to use for the season. Appropriate pants that can keep an active skier warm and protected from the wind are best. Downhill/snowboard pants are usually too bulky and/or too hot for most Nordic skiers. The same goes for downhill/snowboard jackets. Team racing suits are available to buy annually (main order is usually placed in the Fall) but they are not required. There are often some used suits available to buy and older model ski suits. The preferred outfit for most of the skiers is long underwear top and bottoms with lightweight athletic pants, and a ski team jacket, hat and gloves. On colder days, an added layer on top (vest, fleece top etc) and mittens are a good idea. On warmer days, headbands and skiing tights are fine.

Gear at a glance:

- Classic "fish-scale" skis and ski poles for classic skiing. Waxable classic skis for Snow Leopards, Wolverines and some of the Polar Bears (Most people rent from Winthrop Mountain Sports)
- Skate skis and poles for skate skiing (most people rent from Winthrop Mountain Sports)
- Ski boots, usually one pair of "combi" boots works well. (most people rent from Winthrop Mountain Sports)
- Some practice days are designated for classic skiing and others for skate skiing.
Read your emails and consult the Practice Schedule for your child's age group on the website.
- Long underwear or other light layers
- Synthetic or wool socks
- Synthetic pants
- Water-resistant team jacket (shell)
- Gloves or mittens
- Hat or headband
- Sunglasses for those sunny February days

Wolverine (additional gear)

- Heart Rate Monitor (optional but more important as you get more involved)
- Water bottle and water bottle carrier
- Rock skis (classic and skate)
- Roller skis (MVNT may have some roller skis to rent)
- Cork for kick wax
- Watch
- Training food
- Personal email address
- Optional Team Race Suit

Final Note: **your child needs not just some, but every item on the list.** Skiing is hard work. It causes sweating. A skier without appropriate clothing quickly becomes chilled in winter weather. IF you are having trouble finding/affording all the gear, talk to the Program Director. We often can come up with extra.

Food & drink

Have a healthy snack on the way to practice (like a Power Bar or Granola Bar). Skiing is hard work and most kids need an energy boost before practice. For longer skis it is a good idea for the skiers to have water before practice and possibly bring water in a carrier for long skis. We occasionally provide treats and snacks so be sure to alert us if your skier has any food allergies.