

Cross Country Ski Checklist

Clothing

- Socks (thin liner & thick outer)
- Long Underwear (tops & bottoms)
- Pants/Shorts
- Shirt
- Vest/Jacket/Sweater (one or all)
- Parka/Rain Shell (with hood)
- Rain pants
- Gaiters
- Liner Gloves (2 or more)
- Mittens or Ski Gloves
- Hat (warm)
- Handkerchief
- Sunglasses (dark, high UV block)

Pack

- Day Pack (bigger the better)
- 1QT Water bottles (2 minimum)
- Sitting Pad (18 x 18 closed cell foam)
- Pocket Knife (Swiss army type, Leatherman)
- Whistle (wore around neck)
- Storm Kit (A)
- Flashlight w/extra batteries
- Map & Compass (& knowledge to use them)
- First Aid Kit (B)
- Signal mirror
- Lunch (W/Garbage bag - don't litter)
- Snacks (candy, cookies etc.)
- Sun Screen (high SPF)
- Tinkle/Curse Kit (for women) (D)
- Clothes not worn
- Maxi-glide/ski wax
- Ice Scraper
- Car keys
- Wallet

Nice to have/optional items

- Balaclava or Scarf
- Over mitts
- Baseball Cap (warm sunny days)
- Ski Goggles
- Survival blanket/nylon tarp
- GPS (NOT a substitute for map and compass)
- Utility Cord (25 to 50 feet of 3mm)
- Thermos (tea, coffee, etc)
- Ski Repair Kit (C)
- Small hand towel
- Lip balm

In the Car

- Snow Park permit
- Car Survival kit
- Skis, boots, & poles
- Change of clothes

(A) Storm Kit:

- Matches
- Candle
- Tea Bag
- Bouillon
- Large plastic garbage bag(s)
- Metal Cup (Sierra/Rocky)
- Chem. Light
- Metal or plastic carrying case

(C) Ski Repair Kit:

- Pliers
- Screw Driver
- Duct Tape
- Binding wire bail
- Wire
- Steel Wool
- Screws

(B) First Aid Kit:

- Aspirin
- Antacid
- Band Aids (assorted)
- Antihistamine
- Throat Lozenges
- Personal Meds
- Med Tape
- 1" Gauze
- Ace Bandage
- Antiseptic
- Compress
- Mole skin

(D) Tinkle/Curse Kit:

- Carrying case
- Toilet paper
- Sanitary Napkins
- Towelets
- Disposal bag
-

Cross Country Ski Tips

Here is a little accumulated skiing wisdom and explanations of why some items are found on the checklist.

- **Clothing. Do not wear cotton!** Your body loses heat three times faster in cotton than with wool or synthetics and nine times faster in wet cotton. Your outdoor wardrobe should be made of wool or synthetics (fleece, polypro, polyester) and consists of many lighter layers so that you may add, subtract, mix and match as weather conditions and activity changes. Even though the skiing environment is snow covered and cold you'll find that staying warm is not always a problem but rather staying cool is. Cross Country skiing burns a lot of calories and thus you will produce a lot of heat (sweat). Sweat control will be your main concern when selecting clothing. You need clothing that will drive moisture away from your skin and out to the outer layers. Clothing with fronts that are buttoned or zippered and have sleeves that can be pushed or rolled up are best for venting heat. Don't wear turtlenecks, you'll overheat, although shirts that will zip up into a turtleneck are good for when you stop and begin to cool down. Leave the parking lot dressed a little lighter than conditions call for. Once you hit the trail you'll warm up quickly and it's better to start a little cold than to have to stop ten minutes down the trail to strip off layers. One more point on clothing: buy outdoor clothing a size larger than you would for city use. Clothing should be roomy enough so that when you're wearing all of your layers you will still have some freedom of movement.
- **Socks.** Wear a thinner pair of socks under a heavier pair(s). The thinner liner sock should be made of a wicking material (ie. polypro) that will drive moisture away from the feet out to the outer sock (wool/synthetic). This keeps the foot drier, warmer and also helps to prevent blisters. Don't wear too many socks or ones so thick that once you're boots are on the tightness restricts blood flow to your feet. This will cause cold feet and even frostbite in very cold conditions.
- **Gaiters.** Are leggings that typically cover your calf and the top of the ski boot. Gaiters prevent snow from getting into your boots and help to keep your lower leg warmer.
- **Gloves.** As mentioned in the clothing section cold is not always a problem and this also goes for your hands. Heavy downhill skiing type gloves are usually much too warm for cross country skiing. As with clothing, layering works best with gloves. A pair of polypro liner or light fleece gloves for warmer days. As the temperature drops add a pair of fleece or wool mittens. If conditions are extremely cold or wet, add a pair of waterproof over mitts. If you already own downhill ski gloves, you can bring them instead of mittens and over mitts,. All gloves tend to get wet from falling snow, sweat or spills and it's nice to have a dry pair to change into. Bring an extra pair(s) of light weight gloves, they weight little and don't take up much room in your pack
- **Sunglasses.** For all outdoor activities always get sunglasses with 100% UV protection. On a sunny snow field the light can be quite intense and it comes from all directions. For cross country skiing, the climber style sunglasses (with the leather side cups) or the wrap-a-round styles work best.
- **Day Pack.** Look for a larger day pack, one that will hold all your gear inside (2100 cubic inches +/- 200). Avoid a small pack where you have to tie gear on the outside of the pack. Tied on gear has a tendency to come untied and drop off or get snagged on low trees and shrubs (I can't count how many gloves, hats, scarves and coats I've found). The difference in weight and cost between a small and large pack is insignificant but the ease of loading and organization is. Nice features to look for in a ski pack are; outside pockets for water bottles, bottles have a habit of leaking and you don't want your gear to get wet; top loading, no zipper to snag or freeze and you can secure a jacket or shell under the hood flap; top flap pocket, for holding frequently used items such as sunscreen, sunglasses, maxi glide, extra gloves, candy etc.; slots between outside pockets and pack, if you have to hike any distance to or from the snow you can slide your skies in the slots to carry them.
- **Sitting Pad.** A dry, soft, warm place to put your tired bottom. Insulate you from the cold ground in a storm / emergency situation. Standing on it can help keep your feet warmer. First Aid uses; ie. A splint, cut up to cover blisters.
- **Water.** What this planet (and you) is all about; without it you quickly cease to function. Proper hydration is important for muscles to function, staying warm and thinking clearly. Dehydration on the other hand can cause cramps, nausea, poor decisions and hypothermia. Signs of dehydration are flu like symptoms, urinating infrequently, urine that is dark yellow or orange and acid. When hydrated your urine is light yellow or clear. Drink regularly, pee frequently; the wilderness is not a place to be shy.
- **Maxi-glide/wax & Ice Scraper.** When conditions are right, wet snow and cold skis, snow will freeze to the bottom of your skis. Freezing can occur in small patches that will slow you down, to big slabs, four inches thick running the entire length of the ski, which will make movement nearly impossible. Maxi-glide (a commercial product) , ski wax or paraffin may be applied to the bottom of the ski to help prevent freezing. An ice scraper is used to remove frozen snow from the bottoms of skis and around bindings. Most any hard plastic item will work as long as it doesn't mar or scratch the ski. Commercial ski ice scrapers work nice since they have many surfaces of different shape and sizes. An old credit card or car windshield scraper will also work. Not everyone in a party needs to carry these items, but make sure someone has them.