

XC SKIING



What to bring:

- Warm hat / head covering
- Gloves
- Neck gaiter, scarf, or balaclava
- Warm socks (wool is great!)
- Long-sleeve base layer top
- Long-sleeve sweater
- Water-proof shell jacket
- Base layer leggings
- Water-proof shell pants
- Water (32oz +)
- High energy snacks
- Extra cash

What to tell our staff:

- Shoe size (for boots)
- Height / weight (for skis / poles)
- If you would like a rental day-pack, or have your own

Provided Gear

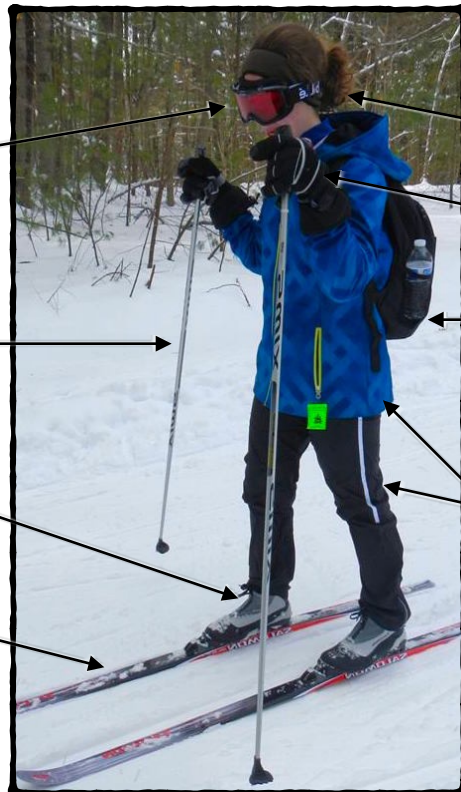
Ski goggles (optional)

XC ski poles

XC ski boots

XC skis

Daypack (optional)



Personal Gear

Thermal headband / hat / beanie

Gloves & scarf / neck gaiter

Daypack:

- Water bottles
- High energy snacks
- Spending money

Athletic clothing (layers)

- Base - wicking, performance materials
- Insulating - fleece, wool, down
- Shell - winter jacket / snow-pants
- Warm socks