

Dressing for Cross Country Skiing

When cross country skiing your body will warm up about 15 degrees. With the nature of children's programming there will be lots of stopping and going. You tend to warm up on up hills and cool down on down hills. This can make it tricky to stay warm without appropriate clothing. Here are a few tips...

Head, Face and Neck –

A hat is important to trap body heat. Cross country skiing is physically demanding and children will heat up, but exposed skin is still susceptible to the elements, a balaclava, scarf or buff can help to cover the face.

Poles –

Poles should be about shoulder height.

Boots –

Boots should fit like a running shoe and be comfortable. Boots that are too large can cause blisters. Boots that are too small will make for cold feet.

Mitts –

Mitts are warmer than gloves as they keep fingers together to create more warmth. A mitt with wind protection is also helpful as going downhill can make hands cold.



Base Layers –

If you can avoid cotton close to the skin, it will help keep you warmer. Cotton keeps moisture close to the skin. Polyester and Fleece are better choices

Bindings –

There are two different binding systems NNN & SNS, both systems work well. You need to make sure your **boots match your bindings**. It is good to stick with one system per family

Skis –

Skis should be the height of the child or longer depending on experience, weight and comfort level

Socks –

Putting on too many layers of socks can make feet colder by restricting circulation. One pair of sports socks should be sufficient as children's boots are warm and they are moving.

