

Equipment list

ITS

Skis: For ITS skiers the ideal setup is to have 2 pairs of skis. One pair is a waxless classic ski. This can be either skis with fish scales or the slightly faster version of skis with skins on them.

Fish scale skis refer to skis with a textured bottom



Skin skis have an applied 'skin' to allow traction.



The other pair of skis is a pair of skate skis. These skis are a little shorter and have no traction on the bottom. They will say skate or sk on the skis.

You can also purchase one pair of combi skis. The advantage to this is that you only need one pair of skis, the disadvantage is that they perform in the middle for both techniques.

Boots: Skiers will also need boots. At this stage, one pair of combination (combi) boots will serve you well. If you'd rather, you can buy a skate specific pair and a classic specific pair, but this is not necessary. It is important to make sure the binding system on your skis matches your boots; this is especially true if purchasing used gear.

Combi (will say Combi)

Skate (has ankle cuff)

Classic (no ankle cuff)



Poles:

Poles for cross country skiing are sized based off of a skier's height. Skate skis are longer, usually coming up around the skier's nose and classic poles are shorter coming to shoulder height. In the ITS programs you can decide to purchase two different height poles, or you can use one pair for both somewhere in the middle. At this stage the focus is on learning to get the timing right with poles and the height makes less of a difference. Poles come in a wide price range; the higher priced poles are typically lighter. Don't feel that you need to purchase the top-of-the-line poles. At this age heavier and sturdier poles are better since they are less likely to break in a fall and your child is likely to outgrow them.

Devo

Skis: At the devo age, we move onto waxable classic skis, which are usually faster and lighter. It is important to make sure you get the right size of these skis so that you child can get the wax to stick to the snow. Waxable classic skis will not have any texture or skin in the middle of the ski and will say classic on the skis.

Waxless on the left, waxable on the right:

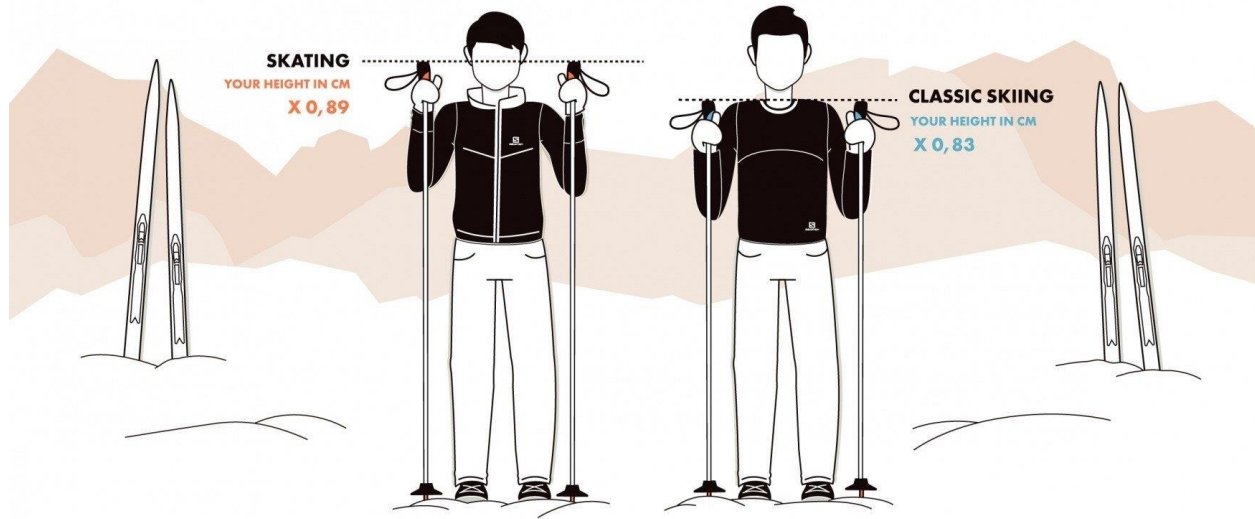


You will also need a pair of skate skis. These skis also have no traction on the bottom, but will say skate on them and are shorter than classic skis.

Boots: At this stage, it may be time to start looking at having separate boots for classic and skate. Boots that are built specifically for skating offer greater ankle support which becomes important when trying to increase your speed. Classic specific boots allow a range of motion that is most suited for getting kick on your skis. You can also continue to use combi boots if you'd prefer.

Poles: At the devo level, we recommend having a pair of poles for skating and a pair of poles for classic. Having the correct length for each technique allows your to ski the most efficiently.

HOW TO CHOOSE CROSS-COUNTRY SKI POLES



Comp

Skis: In the comp program you will need two pairs of skis – waxable classic and skate skis. Some athletes have multiple pairs of each type of skis, but that is by no means required. Make sure you get skis that are well fitting to you so that you can get the most out of you skiing.

Boots: You will need a pair of classic boots and skate boots at this level. This will make it easier to ski efficiently and stably which is important on long skis and when skiing fast.

Poles: Having a pair of well-fitting classic and skate poles is important so that you can ski well. Poles that fit well allow skiers to ski with good form and lots of power. At this level, two pairs of poles are required.

Resources

Waxable vs. waxless skis: <https://nordicskilab.com/waxable-vs-waxless-cross-country-skis-how-to-choose/>

Ski sizing basic. As you get more advanced ski sizing varies by brand and we recommend talking to a shop or rep to get the right size instead of using basic charts. The basic charts are great for youth skiers:

https://www.gearwest.com/pages/cross-country-ski-sizing-old?gad_source=1&gclid=CjwKCAjwI6-3BhBWEiwApN6_koBR_Wfw7bLJmfq0NdX8W1cq3s6Y-oyB8msWdxnOkaljXBtXO_GSJBoCnHUUQAvD_BwE

Pole sizing:

https://www.gearwest.com/pages/cross-country-ski-pole-sizing?gad_source=1&gclid=CjwKCAjwI6-3BhBWEiwApN6_kr6jU96V_H0sDZEDaUgogDKdWmKnHZxiBXiI9ftbmrWXA2vu1QFAZhoC9MQQAvD_BwE

Overview of skis and poles:

<https://www.rei.com/learn/expert-advice/crosscountry-ski-touring-gear.html?srsId=AfmBOoqP9mV6hz-RGTAnAc-xvP7BmmOimQ0-zPQybMWnI26oRGob1N7>