

Hello Marshall Nordic Parents,

Here is a guide for outfitting skiers with the things they will need this ski season.

● Where can I buy new Nordic equipment or clothing?

- Ski/Outdoor Stores in Duluth: SkiHut, Continental Ski and Bike, Trailfitters, Duluth Pack
- Regional or Online-Order Ski Stores: GearWest Ski, Bike, and Run and FinnSisu Ski Shop (Minneapolis area), Boulder Nordic Sport (Boulder, CO), New Moon Ski Shop (Hayward, WI)

● Where can I buy used Nordic equipment?

- Skinnyski.com (<http://www.skinnyski.com/gear/classifieds/>), friends, annual Snowflake Nordic Ski Swap (usually the 3rd weekend in November)

Equipment:

Essential Items:

Skis:

- Skis are fit for weight, not height, so it is important when purchasing skis to have them properly tested. To do this, the skier stands on the skis to check the skis' suitability for their body weight. This is called "flex testing", and should be performed at a ski shop or by one of your coaches. Ideally, skiers will have skis for both ski techniques, but if this is not possible, combi skis (which can be used for both classic and skate skiing) are another option. The Marshall Team also owns many pairs of skis, some boots and a few poles which can be lent to skiers for the duration of the 2013-2014 ski season. Please speak with your coaches if you are interested in this option.
 - Skate skis: Skate skis are glide waxed the entire length of the ski, are usually shorter in length than classic skis. However, remember that skis are picked for a skier's weight first, and height second.
 - Classic skis: Classic skis are glide waxed on the tips and tails of the ski, while a sticky kick wax is applied to the middle section to provide traction for classic striding. Waxed skis are preferred, but classic skis can be waxed or waxless (fish scales). Classic skis are generally longer than skate skis, and usually come up above a skier's head.

- Combi skis: Although combi skis that can be used for both techniques are more economical, combi skis do not perform as well as specialized skate or classic skis at either technique. You might consider buying a pair of combi skis for your skier to try skiing. They might choose to exclusively use those skis for skate skiing and purchase classic skis if they pursue skiing more seriously.

Bindings:

There are three main systems of Nordic Ski bindings

- NNN (New Nordic Norm)
- NIS (Nordic Integrated System)
- SNS (Salomon Nordic System)
 - Please take care to match the binding system with the ski boots you purchase.

Poles:

- Skate poles and classic poles: There is no difference in skate and classic poles other than a difference in height. Skate poles should come up to a skier's chin or lip, while classic poles should come up to a skier's armpit.

Ski boots

- ○ Separate Classic and Skate boots are preferred, but Combi boots are also an option. Combi boots have a stiff ankle cuff which can be removed for classic skiing, and replaced for skate skiing.
- Focus on comfort versus caliber; make sure boots don't pinch or are too tight. Too tight, uncomfortable boots will be extremely cold this winter!

Ski bag:

- Please purchase a ski bag in which your skier can carry all of his/her new equipment. This not only protects your ski equipment, but also makes travel with skis to and from races safer and easier.

Ski ties:

- It is important to have some method for keeping your skis tied together, especially during transport. Ski ties are available at all local ski shops.

Clothing:

What clothing do skiers need for Nordic skiing?

- Layering, no cotton, wind protection, extreme cold weather clothing

Is Nordic specific apparel necessary?

- Not necessarily, winter running and other outdoor sports have clothing that crosses over. What is most important is layering and correct material choice.

Does the school have clothing we can use?

- We have lycra race suits and a few items that have been donated. Check with the coaches if you would like to look through what we have.

Essential Items:

- Head: Winter hat
- Neck: Balaclava, buff OR neck gaitor
- Hands: gloves (warm), lobster claw (warmer), mittens (warmest).
- Top:
 - Base layer: next to skin, wool or synthetic material (polypro)
 - Mid layer: heavier weight synthetic or wool long sleeve shirt. Fleece, pile, wool,
 - Outer layer: having two options is important. One thin wind proof (nylon or other
 - wind proof material), and one heavier coat (softshell or insulated jacket)
- Bottom: typically, fewer layers are worn on bottom than on top though the ideas are

identical

- Base layer: next to skin, wool or synthetic material

- Mid layer: heavier weight synthetic or wool long sleeve shirt. Fleece, pile, wool with a wind resistant or wind proof layer. Wind briefs are important!

- Outer layer: pants with zippers the full length of the leg are a great convenience when needing to remove them and not take skis/boots off (race start).
 - Reputable name brand companies selling quality winter clothing (not necessarily “ski” specific): Marmot, Sporthill, Craft, Ibex, Ice Breakers, Duofold, Helly Hansen

Suggested Items:

- Sunglasses with dark or clear lenses for wind protection

- Synthetic lightweight hat or headband

- Fun spandex racing tights!