



Loppet TRAIL KIDS Nordic Club Clothing/Equipment Guide

CLOTHING: Wearing the right clothing while Nordic skiing makes a big difference between being warm vs. cold and dry vs. wet. Here is a suggested clothing guide for Nordic:

- Wind jacket and pants
- Polypropylene long sleeve top and pants
- Wind pants/warmups
- Ski race mittens, gloves (for warmer days), hat, buff
- Wool or poly socks
- Hand warmers for cold days
- Water bottle and holster/carrier

EQUIPMENT: It is important to buy or rent the proper sized equipment for your child in order to give them a better experience. The TRAIL KIDS program will teach both classic and skate ski technique for all ages so you will need both types of ski equipment.

Make sure to get your equipment from a trusted local ski swap or ski store that can properly size your child for their weight and height. Oversized or undersized equipment can make it very difficult to ski. Below is a suggested guide for equipment:

- Skate Skis – Weight determined
- Classic Skis – Weight determined - we suggest getting waxable classic skis if you are intermediate to advanced skier. Beginner skiers could get the nonwax skintec skis to start with but will not be as fast for racing).
- Skate Poles – Mouth height
- Classic Poles – Shoulder height – 10 cm less than skate
- Combi Boots – Combi boots work for both skate and classic and help save \$.

***Many retailers offer special package pricing for equipment**

We suggest visiting a local Nordic retailer expert for your equipment needs or a local ski swap. If you visit a swap make sure you find a knowledgeable ski expert to help fit your equipment:

- Pioneer Midwest, Osseo
- Gear West – Long Lake
- Finn Sisu – St. Paul
- Hoigaards – St. Louis Park
- Boulder Nordic Sport – Bloomington