**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

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**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

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**Provided Gear**

- Ski goggles (optional)
- XC ski poles
- XC ski boots
- Daypack (optional)