



Bunny and Jackrabbit Equipment and Clothing

What equipment is needed?

Participants in Bunnies and Jackrabbits are expected to have appropriate ski equipment and winter clothing.

Level	Ski Equipment Needed
Bunny 1 & 2	Classic or combi boots and waxless skis. No poles.
JR 1	Classic or combi boots, waxable or waxless skis and classic-length poles.
JR 2	Classic or combi boots, classic skis and classic poles (waxable skis strongly recommended).
JR 3 & 4	Classic or combi boots, classic skis and classic poles (waxable skis required). Skate or combi boots, skate skis and skate poles are optional (can strip grip wax from classic skis and use classic skis and classic poles for skate sessions).
JR +	Classic or combi boots, classic skis and classic poles (waxable skis required). Skate or combi boots, skate skis and skate poles are strongly recommended (can strip grip wax from classic skis and use classic skis and classic poles for skate sessions but skate skis and skate poles are strongly recommended).
	NOTE: If classic skis are used for skate sessions, they must be properly prepped prior to each session (all grip wax stripped from kick-zone).

More specific information on equipment and clothing will be presented at the Parent Information Night prior to season commencement. Local swaps and retailers are a good source of equipment. Cross Country Canada's website also has [helpful details on equipment](#).

Ski Clothing

Check weather conditions before dressing your child for skiing as Calgary's weather is extremely variable. The following are basic guidelines for clothing:

- **Base layer** should be synthetic which will wick away moisture and keep your child dry.
- **Middle layer** should be thicker than the base layer and ideally made of synthetic material.
- **Outer layer** should be a winter jacket for younger skiers (Bunnies, JR1 and JR2). Older skiers may opt for a light breathable jacket with some wind proofing abilities. Pants should be waterproof/water resistant or snow pants. Fleece pants are not acceptable.
- **Dressing in layers** gives the option to remove a layer once your child has warmed up. All coaches carry backpacks with them and can carry extra layers if needed. Stay away from any cotton base or mid layers. Cotton fabric stays wet and offers no warmth when wet.
- **Warm socks**, ideally a wool synthetic blend or other ski sock.

- **Hats and gloves/mitts** and potentially **neckwarmers** are a necessity. Ideally, gloves and mitts should shed snow and be breathable. Fleece mitts and gloves are not acceptable as they will get wet and cold.

Bunnies Clothing

Bunnies tend to get colder more quickly as their bodies don't yet have the ability to regulate temperature well. Snowsuits with a base layer and possibly a mid-layer are appropriate. Bunnies gloves/mitts tend to have a lot of snow contact. Snow shedding and/or water-proof mitts are recommended.

Stores that carry Nordic equipment and clothing:

MEC - www.mec.ca

Lifesport Calgary - www.lifesport-calgary.com

The Norseman X-Country Ski & Hike Shop - www.norsemanski.com

Mention you are a Foothills Nordic Ski Club member to receive discounts at some of these stores!