



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 boots, classic skis and classic poles (waxable strongly recommended).
JR 3 & 4, Marmots	Classic boots, classic skis and classic poles (waxable strongly recommended). Skate equipment optional (can strip grip wax from classic skis and use classic skis for skate sessions). Classic-length poles can be used for skate sessions.
JR +	Classic skis and classic poles (waxable). Skate skis and skate poles (optional but recommended). Combi or classic boots may be used. NOTE: If classic skis are used for skate sessions they must be properly prepped for each session (all grip wax stripped from kick-zone).

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. COP tends to be windy and damp, so expect it to be somewhat colder than the weather forecast. The following are basic guidelines for clothing:

- **Base layer** should be synthetic which will wick away moisture and keep you 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 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, quicker 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!