



## Bunny and Jackrabbit Equipment and Clothing (Updated 2022)

### 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, waxless (or waxable) skis and classic-length poles.
JR 2	Classic boots, classic skis and classic poles (waxable recommended).
JR 3 & 4, Marmots	Classic boots, classic skis (waxable skis strongly recommended) and classic poles. Skate equipment optional (can strip grip wax from classic skis and use for skate sessions, <b>NOT waxless</b> ). <i>** ensure ski has GLIDE if do not have Skate Equip</i> Classic poles can be used for skate sessions. <b>NOTE (Level 3, 4):</b> club has loaner skate skis – see below
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 ).

NOTE: **Waxless** for young kids usually are “fish-scale” but can have Skin skis (new technology, 2018-ish)

“**Waxable**” Ski, can be traditional kick-wax skis OR **properly-fitted** Skin skis (key thing is that able to glide with the more advanced Classic skills (Level 3 and up). Waxless skis will frustrate young skiers, due to lack of glide.

**LOANER Skate Skis;** Club has some (8) Loaner skate skis for use during sessions ONLY (**Level 3** and 4). (NNN binding only - all NEW boots since 2018 are NNN) **Priority to Level 3 group** – who do 1 or 2 skate-intro sessions (coach will let know when skate session planned and ask if need Loaner SKis)

### Equipment Sizing (general fitting)

As kids skis have minimal camber (flex), size of ski for Bunny and Jackrabbit is MOST important for learning. As younger kids learn through “PLAY”, having short ski is KEY – lots of moving around side-to-side, up-and-down.

**Bunny / Level 1** - best to have **ski that is shorter than child** (5 – 10 cm below top of head – about nose or mouth)

**Level 2 / 3** – around same height as skier, newer or less coordinated kids can use shorter.

**Level 4, JR+** - depending on child's weight, Junior skis will have some camber / flex and should be fitted at ski shop by weight (going for slightly softer / shorter ski for best learning). If use soft Kids ski, no more than slightly above head height (5 – 10 cm)

**Poles (Jackrabbits):** Classic – elbow to armpit height. Simple hand-through straps BEST for kids as poles will be on and off lots during JR session. Skate poles about chin height.

## Stores that carry Nordic equipment and clothing

Nordic ski retailers will be able to help with equipment / ski selection;

The Norseman X-Country Ski & Hike Shop \*\* - [www.norsemanski.com](http://www.norsemanski.com) >> **Best selection of Kids equipment**

Lifesport Calgary \*\* - [www.lifesport-calgary.com](http://www.lifesport-calgary.com)

*\*\* Foothills Nordic Ski Club member to receive discounts at some of these stores!*

Trail Sports (Canmore)

MEC - [www.mec.ca](http://www.mec.ca)

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## 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 **neck warmers** 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.