

## **Equipment list Telemark Cross country skiing skills sessions**

\*You will be skiing on groomed trails, we will be skiing in the dark so you will need a headlamp or a flashlight attached to your head.

Wear clothing that will keep you warm but not super warm as you will be exercising. Expect to be putting out the energy you would as if you were out on a slow run or jog. Snow pants are generally way to warm unless of course it's minus 25 Celsius.

-Long underwear with nylon over-pants for your lower half works well

-A wicking layer top against your skin along with a fleece or wool sweater and a nylon shell works well.

-Gloves and a Toque are essential

-Must bring a headlamp or attach a flash light to your head as your hands will be on your ski poles.

-Small water bottle, snack and a small back pack or fanny pack to carry them.