

TUNA Team Night - Wasatch Touring



Skiers will need: Classic waxable skis, skate skis, classic poles, skate poles, and combi boots. For boots, younger/smaller/growing skiers can use a combi boot, while Comp, older, “adult-sized” skiers can opt for a pair of classic and a pair of skate boots.

Other equipment: Skiers should have appropriate gloves for cross-country skiing. Alpine gloves are too hot and some of the racing gloves for cross country are too light. An insulated but low-profile Nordic-specific glove works best in most conditions. Nordic mittens are also great. Skiers should also have a small range of kick wax (Toko green, blue, red or Swix binder, V40, V45, V50, V55) and basic glide wax at home. Coaches will teach families how to prepare skis for practice and racing.

Skier Info

Name _____

Height _____ Weight _____ Boot Size in EU _____

Level: ___ Comp ___ U12 ___ U14

Equipment Checklist

Skate Ski:

Brand _____ Model _____ Size _____

Classic Ski:

Brand _____ Model _____ Size _____

Skate Pole:

Brand _____ Model _____ Size _____

Classic Pole:

Brand _____ Model _____ Size _____

Combi Boot:

Brand _____ Model _____ Size _____

Skate Boot (Comp):

Brand _____ Model _____ Size _____

Classic Boot (Comp):

Brand _____ Model _____ Size _____

Additional (Gloves/wax):