

How to Dress for Cross Country Skiing

Layer up. As with any winter outdoor activity, the key to staying comfortable and warm is by dressing in layers. You will need to have an inner, middle and outer layer of clothing at minimum.

Things you'll need:

- Thermal underwear
 - Fleece pull-over
 - Outer Pants
 - Jacket
 - Socks
 - Toque
 - Mitts or Gloves
 - Water bottle or cup
1. Start by putting on your inner layer of thermal underwear and undershirt. Try to choose a fiber blend for your "long johns" that will wick away the sweat from your body as you ski.
 2. Suit up with your thermal middle layer. Pick out a fleece or synthetic pull-over that is stretchy or loose to allow freedom of movement. This layer may also serve as your outer layer if you are cross country skiing on a particularly warm winter day.
 3. Pick a pair of outer pants that are both water and wind-resistant. **NO JEANS!!!**
 4. Look for the same qualities in your jacket. It should be lighter than a downhill skiing jacket, but it still needs to protect you from cold wind and wet snow.
 5. Dress in warm and comfortable socks. Just as with your inner layer, you should select a pair that will wick away moisture as you exert yourself.
 6. The head is important for body heat regulation. Wearing a toque will help retain heat and keep the hands and feet warm. Taking the toque off will help you cool down quickly. Use a thick toque in cold conditions and a lighter one for when it is warmer. On very cold days add a neck warmer, buff or balaclava.
 7. Find mitts or ski gloves that will keep your hands warm while still allowing you to handle your poles with ease. Your hands *will* end up in the snow, keep them warm and dry!
 8. Bring your own water bottle. You *WILL* be thirsty after your lesson!