

My Clothing Checklist

- Long underwear (top & bottom)
- Inner layer (turtleneck)
- Middle layer (wool/fleece)
- Outer layer (windproof & semi water proof shell for top & bottom)
- Two pairs of mitts (thin and thick)
- Neck tube or warmer
- Two toques (thin and thick)
- Winter coat
- Balaclava (for cold days)



Tips for Keeping Warm

- Cover your face when it is cold or windy
- Keep your toque on!
- Wear thermal underwear.
- Wear mitts not gloves.
- Wear loose but not bulky clothing & layer.
- Wool clothing should only be used as a second layer (not close to the skin).
- Make sure boots and clothing are not too tight.
- Hop up and down like a bunny rabbit.
- Spin your arms in a circle.
- Wiggle your toes & your nose.
- Laugh out loud.
- Ski all around!!!!



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**Clothing for X-
Country Skiing
Activities**

**Dress Smart and
Stay warm!!!!**

What should my child be wearing?

To be comfortable when cross-country skiing it is important to wear the appropriate clothing. You have all probably heard of "layering", but what does that mean?

Layering is wearing several pieces of lighter clothing in combinations. This helps trap air between the layers, which acts as insulation for the body. Layering also allows the skier to remove layers as they heat up and then add them back as needed.

For the "Bunny" group (ages 4- 6) a children's snowsuit is still a good option. Synthetic "sport" underwear is still recommended close to the skin.



What are the basic layers?

Layer 1-

Synthetic "sport" underwear next to the skin or any other material that wicks moisture away from the skin and allows it to evaporate away from the body in the outer layers.

Layer 2-

This layer can include a turtleneck to keep the neck warm along with another sweater or fleece top. The number of layers you choose to wear in Layer 2 depends on the temperature and the duration of the planned activity.

Layer 3-

The final layer should be made of some sort of windproof material that snow will not stick to. A general rule of thumb is to avoid water-proof material for this layer, as it may keep moisture out, but does not allow moisture to escape.

Remember it is better to bring too many clothes than too few! The more clothing available, the more options to match the weather.

What about the head, hands and feet?

Head-

We lose 80% of heat through our head, so a toque is a very important piece of equipment. A thicker toque should be worn during cold days and a lighter toque for those warmer days. Earmuffs can be worn with the toque to help keep the ears warm.

Hands-

Mitts keep the hands warmer than gloves, so in colder conditions make sure your child is wearing mitts or has this option available.

Feet-

Sport socks that keep the perspiration away from the skin can help keep feet warm. Also ensure your child's boots are not too tight. Always bring a dry pair of socks to change into before putting on ski boots.
