

Peak Nordic Ski Club, Inc.

High School & Middle School

Athlete Equipment Needed This Season - Check List

Make sure you go through and understand this entire list!

PeakNordic.Com

REQUIRED For ROLLER SKIING ARE:

- Roller Skis (For HS classic and skate OR combi), (For MS skate OR combi)
(make sure the roller ski bindings match all boots you plan to use with them)
- Bike Helmet Is MANDATORY for roller skiing, you will not be allowed to roller ski without it!
- Blinking light Is MANDATORY for roller skiing, you will not be allowed to roller ski without it!
- Pole Tips for Asphalt (for HS both classic and skate) (for MS skate only)
(make sure these are mounted in the right direction before the first roller ski practice)

REQUIRED For BOTH ROLLER SKIING AND SNOW SKIING ARE:

- Skate Boots (or Combi boots for both skate & classic) HS & MS
(make sure boots match bindings for roller skis and skis)
- Skate Poles HS & MS
- Classic Boots (or Combi boots for both classic & skate) HS uses on both roller skis & snow –
MS uses on snow (make sure boots match bindings for roller skis and skis)
- Classic Poles HS uses on both roller skis & snow – MS uses on snow
- Water bottle and carrying belt (this will be on the special team order as well)
- Running Shoes – Have them with you at all practices & races.
- Proper Clothing (there will be a special team order to help with this)

REQUIRED For ON SNOW SKIING:

- Skate Skis and bindings (make sure the bindings match your skate boots)
- Classic Skis and bindings (make sure the bindings match your classic boots)
 - Pocket marked on classic skis
- Pole Tips for SNOW – with baskets - Both classic and skate
(make sure these are mounted in the right direction before the first on snow ski practice)
- Ski Bag (loose skis will be a problem on team trips)
- Ski Ties for each pair of skis HIGHLY RECOMMENDED
- First And Last Name is permanently affixed to all equipment and clothing

Reviewed with a Coach - (INITIALS)