

## Equipment needed for Winter Training

Winter in Seattle can be challenging. Winter in the Cascades, even more so. That's why we need to prepare for the conditions we ski in and have the right gear to ski on. If you come to practice with the wrong skis, dress too lightly, or forget something, then not only will your day be miserable but also a waste. Please reference this list if you are unsure about what to bring for a given activity, but also know that this is not the be all end all.

### Skis

What do you need?

- Newer skiers should have one pair of Skate skis and one pair of Classic skis.
- Skiers who plan to race should have two pairs of skis for each technique, one pair for practice and one for racing. This is so the Race Skis stay in good condition for races.
- Experienced skiers may consider acquiring multiple pairs of Skate and Classic skis which match the varying conditions of Race day. You should have a talk with Zach about what you may need.

### Poles

What do you need?

- You will need separate pairs of poles for Skate and Classic.
- Classic poles can be no longer than 83% of your body height (seriously). This means roughly shoulder-height.
- Skate poles should be about as tall as your chin.
- The right pole height is different from person to person. The wrong height is a pole that is too short.

### Boots

What do you need?

- We recommend Combi Boots for Newer skiers. Combi boots have characteristics of both skate and classic boots.
- More experienced skiers should have Skate- and Classic-specific boots.
  - o Skate boots have special cuffs and stiff soles.
  - o Classic boots look more like sneakers and have flexible soles.

#### 1) Everyday

- a. Water bottle (at least 1 liter)
- b. Water belt/pack
- c. Healthy Food
  - i. Low sugar

- ii. Veggies, Nuts, Grains, Fruit are great
  - iii. Plan to pack more than you think you need
- d. Sunglasses
  - i. Something that will stay on your head
- e. Watch (athletic)
- f. Heart Rate monitor (optional)
- g. Extra dry clothes
  - i. Light rain jacket
  - ii. Long sleeve-shirt or jacket
  - iii. Extra socks
- h. Sun screen (it gets sunny in the winter too)
  - i. Dry Towel
  - j. Head lamp

**In addition to "everyday", please bring the necessary items when participating in the following activities:**

## **2) Skiing Practice**

- a. Base Layers (no Cotton)
- b. Skis for the technique of the day
- c. Boots
- d. Poles
- e. Hat
- f. Gloves
- g. Jacket
  - i. Should be heavy enough to stay warm, but as light as possible. Too heavy and you will overheat. Rely on your base layers to keep you warm.
- h. Head lamp for our Wednesday night practices

## **3) Dry Land**

- a. Running shoes
- b. Long sleeve shirt

## **4) Roller skiing**

- a. Roller ski poles
  - i. Should not be your winter poles as poles are more apt to break while roller skiing
  - ii. Should be stiff -if you can bend it like a bow, it is too soft. A pole that isn't stiff enough, called a "noodle", will give a skier tendonitis in their elbows.
  - iii. Should have **road ferrules**. These are special tips that replace winter baskets. Normal baskets and tips are not strong enough to withstand constant impact with pavement.
- b. Light ski gloves
- c. Boots

- i. We recommend that you wear boots you don't plan on using in the winter. These may be cheap, used boots, or boots that you plan to replace.
  - ii. Skate Boots (Devo and Comp)
  - iii. Classic Boots (Comp only)
- d. Pads are not required, however, as falling is a common occurrence in roller skiing, pads will reduce the risk of injury. Pads also reduce flexibility, which is required for effective balance and technique.
- e. Helmet. You will not be allowed to ski without one.
- f. Neon-colored shirt or reflective vest. While Hi-Vis tee shirts and tank tops will provide effective visibility to traffic, reflective vests provide unparalleled visibility. You will not be allowed to ski if you don't have one or both.

## **Equipment needed for Summer and Fall Training**

Summer, like Winter, requires its own specific set of equipment. Since you will be participating in a wide variety of activities, it is important to be aware of what you will need to bring each day, as well as what gear is best for which activities. Please reference this list if you are unsure about what to bring for a given activity.

### **5) Everyday**

- a. Water bottle (at least 1 liter)
- b. Water belt/pack
- c. Athletic Shorts and Tee (no cotton please)
  - i. Hi-Vis Tee/Tank is required
- d. Running shoes
- e. Watch
- f. Healthy Food
  - i. Low sugar
  - ii. Veggies, Nuts, Grains, Fruit are great
  - iii. Plan to pack more than you think you need
- g. Sunglasses
  - i. Something that will stay on your head
- h. Extra dry clothes
  - i. Light rain jacket
  - ii. Long sleeve-shirt or jacket
  - iii. Extra socks
- i. Sun screen
- j. Dry Towel

**In addition to "everyday", please bring the necessary items when participating in the following activities:**

## 6) Hiking

- a. Hiking shoes/boots
- b. Light hiking day-pack
- c. Camelback instead of water bottle and belt
- d. Rollerski Poles

## 7) Biking

- a. Helmet
- b. Bike (type depends on terrain)

## 8) Roller skiing

- a. Roller ski poles
  - i. Should not be your winter poles as poles are more apt to break while roller skiing
  - ii. Should be stiff -if you can bend it like a bow, it is too soft. A pole that isn't stiff enough, called a "noodle", will give a skier tendonitis in their elbows.
  - iii. Should have **road ferrules**. These are special tips that replace winter baskets. Normal baskets and tips are not strong enough to withstand constant impact with pavement.
- b. Light ski gloves
- c. Boots
  - i. We recommend that you wear boots you don't plan on using in the winter. These may be cheap, used boots, or boots that you plan to replace.
  - ii. Skate Boots (Devo and Comp)
  - iii. Classic Boots (Comp only)
- d. Pads are not required, however, as falling is a common occurrence in roller skiing, pads will reduce the risk of injury. Pads also reduce flexibility, which is required for effective balance and technique.
- e. Reflective vest. While Hi-Vis tee shirts and tank tops will provide effective visibility to traffic, reflective vests provide unparalleled visibility.

## 9) Swimming/Sculling

- a. Athletic bathing suit. Running shorts and athletic tops are recommended.