



Cross-Country Skiing Checklist

Prepping for a day of cross-country skiing in a developed trail system is a little like packing for a day hike. You don't need a ton of gear, but you do need to prepare for contingencies.

To determine your needs, think about the details of your day. If your destination requires a very long ski or the forecast is stormy, then you'll need more clothing, gear and food.



Skiing Gear

- Skis with bindings
- Ski boots
- Ski poles
- Daypack, waist pack or ski pack



Tools

- Knife or multi-tool*
- Headlamp*
- Repair supplies* (*a few strips of duct tape can come in handy*)
- Glide wax (*optional*)



Navigation

- Compass (*a good idea*)
- Topo map (*a good idea*)
- GPS (*optional*)



Health & Hygiene

- Hand sanitizer
- Menstrual products (*if needed*)
- Sanitation trowel
- Toilet paper/wipes and sealable bag (*to pack it out*)
- Prescription meds (*if needed*)
- _____



Sun Protection

- Sunglasses* (*+ retainer leash*)
- Sunscreen*
- SPF-rated lip balm*
- Sun hat*



Clothing

- Moisture-wicking base layer top and bottom
- Cross-country ski jacket or fleece or soft-shell jacket
- Cross-country ski pants or fleece pants or soft-shell pants
- Socks (*synthetic or wool*)
- Gloves or mittens
- Warm hat
- Insulated jacket or vest
- Gaiters
- Rain jacket and rain pants
- Neck gaiter
- Insulated mittens
- Hand and foot warmers
- _____
- _____
- _____
- _____
- _____
- _____



Food & Water

- Water bottle(s) or reservoir*
- Trail snacks
- Lunch (*for daylong trips*)
- Extra food*
- Insulated container for warm soup or beverage (*optional*)



Emergency

- First-aid kit or first-aid supplies*
- Whistle
- Lighter/matches* (*in waterproof container*)
- Fire starter* (*for emergency survival fire*)
- Emergency shelter*
- Two itineraries: 1 left with friend + 1 under car seat
- Satellite messenger or personal locator beacon (*optional*)



Extras

- Credit card and/or cash
- ID
- Trail pass
- Cellphone (*+ portable charger*)
- Watch

*These items are part of the Ten Essentials systems.