

# 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)
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## 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
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## 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