



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.