

Handy Guide to choosing Nordic Equipment

PICKING SKIS:

Our MBSEF Nordic Programs use both Skate and Classic gear.



- **Skate Skis** - athlete height



- **Classic Skis** - Have athlete reach arm straight up over their head. Ski height should be anywhere from elbow to top of hand. More experienced skiers can go with taller ski. Shown here is a skin ski. You can also use fishscale skis.



- **Combi Skis** - Athlete height. Note that a combi ski will be harder to learn to skate with. MBSEF strongly recommends skiers **don't** use a combi ski.



NNN Bindings



Classic boot



Skate boot



Combi boot
BEST choice for beginners



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Equipment needed for the Stevenson Youth Program Ages 7-11

SKIS

- 2 pairs of skis (or 1 pair of waxless classic skis for 7 year-olds or complete beginner)
- Classic Skis: Waxless is best (fish scale or skin skis)
- Skate skis. If your child is 7 it's ok if they just classic ski at this age. Our partner shops can also assist you in choosing equipment.

BOOTS

- A combi boot works best for beginners and can be used for skate and classic. Skate boots have more ankle support for pushing out to the side. Classic boots are lower cut and allow for the striding movement that requires your ankle to bend forward.

POLES

- 2 pair is best for doing skate and classic. 1 pair is ok for both if they are chin height.
Measure from where the strap comes out of the grip, not the top of the grip.
Skate pole height should be between chin and nose.
Classic poles height can be armpit to shoulder height.

WAX - Keep an eye on the bases of your skis. If they aren't running well have a coach take a look at them. The bases should not be white. If they are that means they need wax and are drying out. Your awesome head coach Karen Kenlan can show you how to do this in the MBSEF waxroom. Please ask! We want your kids to have fun, not struggle with gear.

VISIT OUR PARTNER SKI SHOPS

I highly recommend you visit a ski shop on this list to get gear that fits correctly. Please thank them for supporting MBSEF Youth Programs

