



## CROSS COUNTRY SKI SHOP

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# X-COUNTRY SKI EQUIPMENT GUIDELINES

RECREATIONAL – BACK COUNTRY – RACING – SKIS – BOOTS – POLES – BINDINGS –  
WAXES – CLOTHING and ACCESSORIES – TELEMARCK

## SKI TYPES

- Light Touring – narrow light ski – suitable for skiing in prepared tracks or on packed snow
- Racing – narrower and lighter skis built for speed on well groomed tracks – classic or skate
- Back Country (BC) – wider skis for touring in unpacked soft snow conditions
- Telemark – very wide skis with a lot of sidecut for easy turning in deep unpacked snow

## WAXABLE or WAXLESS?

- Waxable skis are faster and quieter, but require a correct kick wax for grip
- Waxless skis should be waxed to optimize glide both in the smooth and ridged areas
  - Slower glide than waxable skis, but are quick to get ready to ski, and require no grip wax
  - Especially handy in wet, new or changing snow conditions when waxing takes more care

## METAL EDGE vs. NON-METAL EDGE?

- Metal edge skis provide excellent steering and stopping especially on hard or icy surfaces
- Metal edges protect the ski bases in rough terrain conditions
- Non-Metal edge skis are lighter, less expensive and better suited for track skiing

## LENGTH

- Rule of thumb – Track ski up to the fully raised wrist, BC a bit and Telemark much shorter

## CAMBER (Camber is the measure of ski stiffness)

- Recreational – 50% of skier weight (range = +2 to –5 kg), racers 55%, skate skis 90-100%
- Back Country skis are measured for softer camber, and Telemark skis are very soft

## BOOTS

- LENGTH – ¼” of space between the longest toe and the boot for warmth and comfort
- WIDTH - determined by the manufacturer’s boot shape – Men’s wider than women’s  
The range from narrowest to widest lasts = Salomon – Alpina – Madshus – Fischer – Alfa
- WARMTH – Thinsulate insulated boots are the warmest

## BINDINGS

- New Nordic Norm (NNN) and Salomon Nordic System (SNS) – Chosen to fit the boot’s sole
- Both systems have Light Touring, Racing and BC bindings, either automatic or manual

## POLES

- LENGTH – **Classic** – from the middle to top of shoulder, **Skate** – from chin to nose height
- MATERIALS – Fiberglass – economical , Aluminum – strong, Carbon fiber – very light
- BASKETS – Racing = small, Light Touring = medium, Back Country = Large in size