

# XC Ski & Snowshoe Clothing



## Headwear:

- Fleece (or lined wool) toque or quick-dry, fleece-lined hat with visor & ear covers
- Visor with sunglasses or goggles, each with 100% blockage of UV light
- Sunscreen, SPF 30, for lips & face
- Balaclava?

## Neckwear:

- Scarf, neck gaiter, buff
- High collar on outer jacket & mid-layer

## Torso:

- Thin, wicking next-to-skin layer, synthetic or wool (non-itch)
- Mid-layer for light insulation, fleece or wool
- Outer insulating layer for extended stops, for example, for lunch (Down jackets are very warm & compressible)
- Lots of pockets, inside & out
- Zippers should have extensions on pull tabs

## Hand covering:

- Liner mitts or gloves with 'grippy' palms, synthetic or wool
- Outer, insulated mitts with gauntlet sleeves that can be cinched in 2 places (around wrist & upper forearm)
- 'Instant' warmers for hands

## Lower body:

- Thin, wicking next-to-skin layer, synthetic or wool (non-itch)
- Quick-dry, windproof pants with fleece lining
- Zippers should have extensions on pull tabs

## Foot covering:

- Thin, wicking next-to-skin layer, synthetic or wool (non-itch)
- Thicker, outer pair of socks for insulation
- Insulated boots with waterproof bottoms, ankle coverage
- Gaiters with under-arch strap, full length opening on front
- 'Instant' warmers for toes

## Equipment:

- Daypack, 20-30L capacity, with adjustable straps & hip belt, a few attachment loops on outside, pockets for smaller items
- Pack your XC Ski waxes, a hot drink, lunch and snacks
- Don't forget your XC Skis or Snowshoes. Poles with snow baskets too.