



What do I need for cross-country skiing?

We would like to advise you when choosing your cross-country skiing material. If you need to rent sticks, shoes and skis, we will organise the proper material for you.

Cross-country skis

Depending on the technique: classic or skating cross-country ski.

Cross-country sticks

Depending on the technique you have to choose different length of sticks. For skating you normally use longer sticks reaching to the chin. For the classic technique you use a length reaching to the armpit.

Cross-country shoes

The shoes should stabilise and fit tightly. There is also a difference between a skating shoe and a classic shoe. Generally there should be a space of 1 centimeter between the top of the shoe and your toes.

Clothes

- o Good socks
- o Functional underwear
- o Additional jacket (depending on the temperature and your personal wellbeing)
- o Tight trousers
- o Top: waterproof, breathable jacket
- o Gloves: tight with a tight gripe
- o Sun glasses, sun protection cream