

Junior Cross-Country

Dryland Training

- Skate roller skis
- Skate boots
- Skate and Classic poles with roller ski ferrules
- Ski striding poles
- Bike helmet, Gloves
- Hi visibility vest or t shirts for roller skiing
- Good quality **trail** running shoes
- Yoga mat
- Head Lamp
- Heart Rate Watch, ideally with strap, to record workouts
- Water Bottle that can be worn while training.
- Appropriate training clothing

Winter Training

- Clothing to Participate in ALL weather conditions
- Warm clothing for before and after sessions
- Skate Skis
- Classic Skis
- Skate and Classic Ski Boots or Combi Boot.
- Skate and Classic Poles.
- Good quality trail running shoes
- Yoga mat
- CNSC Race Suit (optional but encouraged)
- Glasses or Visors for different light and weather conditions
- Head Lamp
- Heart Rate Watch, ideally with strap, to record workouts
- Water Bottle that can be worn while training

If you have any questions or are having issues getting the equipment on this list please contact our head coach at headcoach@caledonianordic.com