

Senior Cross-Country

Dryland Training

- Skate roller skis
- Skate boots
- Classic roller skis
- Classic roller 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 with strap, to record workouts
- Water Bottle that can be worn while training
- Appropriate training clothing
- Sunglasses

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
- 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 with strap, to record workouts
- Water Bottle that can be worn while training
- Grip wax for training session (Klister and hard wax)
- Glide wax for skis to travel wax and to wax throughout the winter

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