

Cross Country Ski

- Day pack (25-35 Liters)
- 2 Liters of water in a durable bottle (2 large mouth Nalgene® recommended)
- Cross country skis and boots*
- Ski poles*
- **Mountain clothing** (think warm and dry, remember layering) NO COTTON!
- **Base layer** top and bottom of synthetic clothing or wool
- **Mid layer** top of fleece or wool
- **Waterproof** jacket and pants*
- Down jacket and/or fleece
- 2 Pair of waterproof mittens or gloves
- 2 Warm hats
- **Neck gaiter** or balaclava
- Wool socks
- Ski goggles (sunglasses optional)
- Lunch and snacks (granola bars, trail mix, PowerBars®, Cliff Bars®, bagels w/peanut butter)
- Positive attitude
- Optional items: sunscreen, cameras, etc.

*These items are available through the Outdoor Rec Program (ORP). If you are participating in an ORP Trip or Course rental is free.