Holiday Gift Ideas for Nordic Skiers

1- Swix or Craft Universal Pants: these are the best Nordic ski pants, perfect for training and

race warm-ups. They have full-length side zippers to get off easy over the boots. They have

nylon fronts and microfiber backs for breathability. These are bombproof and last forever.

2-Nordic Ski Hat: Prior Lake Nordic Ski Hat -$25 great for training or racing-contact Heidi or Mark. Others are found in a variety of colors and styles. Headbands are a good option for warm weather races.

3 – Insulated drink-belt: used for any sustained ski greater than one hour. Mandatory for any winter camp trips and can be prepared for critical re-fueling immediately after a race.

4-Heart Rate Monitor- great for the more serious racer who wants to know they are training in the correct zones.

5-Stop watch: a watch to wear around wrist to determine time and how long to go if coaches say run for 30 minutes.

6-Gloves: Depending on how your circulation is you can get a thin pair of gloves to heavier gloves or Lobster gloves: half glove and half mitt, these are the best choice for comfortable skiing cold weather (20 degrees and below).

7 – Buff(s): these are popular head/face/neck accessory. Used from 40 to -40 degrees and configure into many shapes, depending on temps and weather conditions.

8 – Ski Bag and Ties: protect your skis and poles. Keep them looking sharp and gliding fast.

9 – Socks, Socks, Socks: You can never have enough socks. SmartWool, Fits, and even Costso’s Kirkland Signature trail sock are great options.

10 – Ski Boot Covers: great addition for skiing in the arctic cold of Minnesota. These are also great for wearing during warm-ups to races and cool-downs.

11 – LED Headlamp: this is only for the serious skier at heart. Greatly enhances your ability to

function during and after practice in the dark.

12 – Snow Shield: These shields have been specifically designed for the needs of nordic skiers, and their revolutionary design pioneered the "flip" style eyewear that has taken the nordic world by storm. Sport glasses that don’t fog are another option to have if snowing (clear, yellow or rose colored).

13 – Wicking Base Layer: There are many brands Nordic Skiers pick from, Craft, Swix, C9. Wicking Base Layers not only keep you toasty warm and dry, they make you look cool.

14 – Windbriefs: A must for males. A cold wind can be especially painful for guys.

15-Cork and basic kick wax: A cork and some basic kick wax is great so they can get their skis ready to go faster and not have to wait for everyone else. Basic kick wax would include any of these: V20 GREEN ; V30 BLUE; V40 BLUE EXTRA; V45 VIOLET SPECIAL; V50 VIOLET .