



CROSS COUNTRY (XC) SKIING INFORMATION

What should I bring to the snow for xc skiing?

Conditions in the mountains can be unpredictable and a change in weather conditions can be fast moving. Even on the sunniest day, the wind can be strong and very cold. So what you wear and bring to the snow is very important.

Below are some suggestions for those people who have not been to the snow and/or participated in cross country skiing before.

CLOTHES:

Generally multiple layers are always the best, rather than one very thick and warm layer.

Natural fibres like **wool are best**/ideal, **NOT** cotton, or denim (as they soak up water, perspiration and stay wet therefore keeping you cold).

Base layer:

- Thermal underwear top and long johns recommended to wick away perspiration into next layer of clothes and keep your body warm and dry.
- Woollen long sleeved spencer and woollen leggings
- Thin woollen ski socks

2nd Layer

- Long sleeved lite weight woollen top / jumper
- Long sleeved lite weight polar fleece top
- Active sports tights
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3rd Layer

- A soft shell vest is good to keep your torso warmer if required and can be worn underneath a soft shell jacket.
- Soft shell jacket (wind proof outer layer)
- “Brushed nylon” track pants NOT cotton track pants

4th Layer

- **Raincoat and waterproof trousers are essential** when going into the mountains, even if weather is predicted to be fine and sunny. This can be used as a waterproof layer but also a wind stopping layer.
- Puffer jacket or thicker snow jacket that can be worn as the outer layer when the conditions are cold or when you have finished for the day.
- Both waterproof and/or puffer/ snow jacket can be worn when you stop skiing for lunch or a short break when out ski touring.

Hats, Gloves, Glasses, and Sunscreen:

Hats:

- Woollen hats (beanies) essential to combat the cold and snowy days and should always be taken in a backpack in case conditions change while out skiing
- Headbands can also be worn on warmer /dry days
- Peaked cap / baseball cap for warmer days in the mountains

Gloves:

Always great to have more than one or two pairs so you can change if required when one pair becomes wet and cold. (Cold hands and feet can make your snow experience miserable).

- A couple of pairs of cross country gloves and/or mittens are recommended
- Alpine gloves can be too bulky and hot but great for the end of the day

Glasses:

- Sunglasses are always a must to protect your eyes from the glare from the snow

Sunscreen:

- Even on overcast and/or windy days skin can be sunburnt. Always remember to apply sunscreen under tip of your nose, chin, and forearms (if sleeves pulled up when hot) as the snow is reflective.

Change of clothes:

It is a great idea to bring a complete change of dry clothes and shoes to change into at the end of the day/ to travel home in. This includes dry underwear and socks. Dry socks = warm feet for the trip home.

FOOD

It is important to stay warm in the mountains and clothing will assist with this however, food and drink play a big role too.

At Falls Creek there is a café at the Windy Corner carpark however, more cafés and a supermarket to buy food and drinks are located at the alpine resort centre/ticket office precinct.

If skiing for the day away from the resort, being prepared and having food and drink with you in a backpack is vital eg snacks, lunch, cup of soup, fruit, drink.

Note: your rubbish must be taken with you.

We recommend eating something on your arrival to the mountains before heading out for the day. (This is even more important for those who haven't eaten breakfast or only had a small breakfast before travelling the windy roads to the mountains.)

It is easy to become dehydrated in the mountains so fluid intake is important. Drinking every 20 -30 minutes as a guide in all weather conditions.