



Dressing for Cross-Country Skiing and Snowshoeing

Cross-country skiers dress like runners. The key is warm and breathable layers of varying thickness that you can take on and off to adjust to the temperature and conditions. Snowshoers can generally wear the same type of clothing, but may need an extra layer or a thicker jacket for added warmth.

You can buy cross-country skiing specific clothing, but if you are new to the sport, your winter running clothing will work just fine.

Rule of thumb: you should be a bit chilly before you start. If you are already warm, you will overheat. Everybody is different, so it may take some experimentation to figure out what works for you in different conditions.

Suggested items, from head to toe:

- ❄ Toques! Keep that head warm.
- ❄ Buffs/neck warmers for cold days (buffs can also be transformed into hats).
- ❄ Sunglasses, even in winter!
- ❄ Top base layers of varying thickness (it's good to have a thin layer, a mid layer, and a heavy layer for very cold days). Merino wool is the best option.
- ❄ A light jacket that can cut the wind. It's also good to have a heavier jacket for really cold days. There are jackets made specifically for cross-country skiing, but running jackets work well too.
- ❄ Pants. Winter running tights, or specific cross-country pants work well. Do not wear jeans!
- ❄ Add long underwear for those really cold days.
- ❄ Wool socks. Thin socks for warm days, thicker socks for cold days.
- ❄ Gloves. A thin pair for warmer days, a thicker pair for cold days.
- ❄ Sunscreen and lip balm.

If you fall in love with skiing (and you will!), invest in a good cross-country jacket and pants, and wool base layers. Skiing is more enjoyable when you are comfortable, able to move, and warm.

