Ford Sayre BKL Equipment Suggestions/Checklist

Ford Sayre coaches and parents will be available for consultation during Team Night at Omer and Bob's. Representatives from the major manufactures will be present to share the latest information on their equipment. The information/checklist provided below will help you and your skier(s) to plan ahead for team night. If you want/need more information please see the more comprehensive BKL introductory guide to Nordic ski equipment.

Equipment Requirements:

K-2nd:

- Waxless classic skis. No poles required for K-1st. Poles may be used for 2nd graders later in the season.

3rd-4th:

- 1 Pair Skate Skis
- 1 Pair Classic Skis - skin-skis preferred
- 1 pair of Combi ski boots.
- 1 pair of poles that is between top-of shoulder and chin height

5th-8th Adventure:

- 1 Pair Classic Skis - fish scales or skin-skis preferred
- 1 pair of Combi ski boots.
- 1 pair of poles that is about shoulder height

  Optional gear:
  - 1 Pair Skate Skis

5th-6th Development and Friday Race Clinic:

- 1 Pair Skate Skis
- 1 Pair Classic Skis - Waxable or Skin-Skis
- 1 pair of Combi ski boots.
- 1 pair of Skate Poles (mouth height)
- 1 Pair Classic Poles (shoulder height)

7th-8th Development (Tue / Thu Only):

- 1 Pair Skate Skis
- 1 Pair Classic Skis - Waxable or Skin-Skis
- 1 pair of Combi ski boots.
- 1 pair of Skate Poles (mouth height)
- 1 Pair Classic Poles (shoulder height)

7th-8th Friday Race Clinic or U14/U16 Weekend Race:

- 1 Pair Skate Skis
- 1 Pair Classic Skis - must be waxable (no skin skis)
- 1 pair of Combi ski boots
    - 2 pairs of boots is encouraged: 1 skate and 1 classic
- 1 pair of Skate Poles (mouth height)
- 1 Pair Classic Poles (shoulder height)

Equipment Fit Information:

Selecting a ski that fits your skier well is much more important than the brand you choose. Answer the questions below to make sure you have the information you need for the rep to help you select the proper length/stiffness skis. Try to estimate skier height and weight in January or February – they often grow between now and then.

Skier Weight (lb) _____ x 2.2 lb/kg = _____ kg

Skier Height (in) _____ x 2.54 cm/in = _____ cm

Poles:

- Skate technique poles should reach approximately to your mouth standing in the store wearing ski boots or sneakers. Remember that when you are on snow, the tips and part of the basket will penetrate into the snow and you will be standing on skis. On snow, the poles will feel shorter and reach about to your chin.
- Classic technique poles are typically about 10 cm shorter than your skate poles. They should reach the mid-point between your armpit and the top of your shoulder standing in the store wearing ski boots or sneakers. On snow, the poles will feel shorter and reach to about the top of your armpits.
- If you want to try to get by with 1 pair, select poles at top of shoulder height in the store.
- Poles are sized in 5-cm increments. If you seem to be between sizes in October, pick the longer size. There is a good chance any BKL skier will grow between Oct. and Jan.

Boots and Bindings:

- All skiers need 1 pair of combination (classic and skate technique) boots.
- U14/U16 Skiers should consider having two separate pairs of boots: 1 for skate and 1 for classic.
- Bindings should match the boot-binding system.
    - This is less of an issue than it used to be, because SNS bindings are no longer being made.
    - But, if you are buying older gear, make sure that the bindings match the boot: NNN or SNSpilot or SNSprofil – they are not cross compatible.
    - Also ensure that the bindings match the ski type (skate or classic).
    - All new bindings and boots are NNN system now.
        - Prolink = NNN system.

Ski Prep/Care Tools

Classic Waxing (for waxable classic skis):

- Synthetic cork (e.g. Swix T12, consider 2 – one in skier's pocket, one at home)
- Putty Knife (thin very flexible kind from local hardware store for removing grip wax)
- Citrus-based wax remover (e.g. Swix I74)
- Grip Wax (aka "Kick Wax" or "Hard wax")
    - Swix V20 green, V30 blue, V40 blue extra, V45, V55, V60
    - Toko Red and Toko Yellow are also must-haves
- Klister (also a kick wax, but for very sloppy conditions). Only U14/16 group will potentially need this; most klister practices we will provide the wax.
    - KX35 (violet special), KX65 (red), and K22N (universal silver) klisters will cover most practice conditions
    - Consider KX30 blue (covers cold icy conditions), KX20 green helps the other klisters stick to the ski if you are going out for a longer tour on a weekend.

Glide Waxing (3rd - 8th Grades)

With the advance of spray-wax technology we now have two "paths" for BKL families to choose from when it comes to glide waxing. For a family that is intimidated by ironing on wax, most skiers simply need to have:

- Combi bronze/nylon brush (e.g. Swix T159B for final removal of glide wax from base)
- Spray-on Glide Wax
    - Swix HS6 (blue), HS7 (violet), HS8 (red), HS10 (yellow)

Glide Waxing (FRC & U14/16 Weekend)

As skiers age up and become more serious about skiing, they should invest in the following list of waxing items:

- Waxing table + profile (or vice-attached profile kit that can be attached to a workbench or table)
- Waxing Iron (choose from Swix or Toko for applying glide wax)
- Plexiglass Scraper (4mm or 5mm recommended for removing excess glide wax)
- Groove tool
- Bronze hand brush
- Nylon hand brush
- Solid Glide Wax (paraffin bar)
    - Swix PS6 (blue), PS7 (violet), PS8 (red), PS10 (yellow)