



# GUEST EQUIPMENT LIST

## Cross-Country Skiing

\* MANDATORY ITEM  
+ AVAILABLE TO RENT

### SKI GEAR

- SKI BOOTS (INCLUDED)
- SKIS (INCLUDED)
- POLES (INCLUDED)
- 20-30 L DAY PACK+

### CLOTHING

- LIGHTWEIGHT SYNTHETIC BASE LAYERS\*
- MID-WEIGHT SYNTHETIC TOP\* (WOOL OR FLEECE)
- HARDSHELL JACKET AND PANTS\* (WATERPROOF, BREATHABLE, PREFERABLY NON-INSULATED)
- INSULATED VEST AND/OR JACKET (DOWN OR SYNTHETIC)
- WARM GLOVES OR MITTENS\*
- LIGHTWEIGHT GLOVES\*
- WARM HAT\*
- LIGHTWEIGHT HAT (WITH BRIM)
- WOOL OR SYNTHETIC SOCKS\* (SKI SOCKS)
- BALACLAVA (OPTIONAL, FOR COLDER-THAN-AVERAGE DAYS)

### PERSONAL GEAR

- WATER BOTTLE
- SUNSCREEN/LIP BALM
- SUNGLASSES AND/OR SKI GOGGLES
- EXTRA SNACKS