Packing List for EHS Weekend

*Please don’t overpack; less is more!*

* New or lightly used, clean, appropriate, wrapped t-shirt for Friday night’s t-shirt Yankee Swap
* Warm winter coat, hat, gloves, and boots
* NH team coat and warm-up pants
* Hats, gloves, buffs, eye wear
* Sun block
* Synthetic top and bottom underlayers and socks (enough for four races)
* Running shoes (in case we can’t warm-up on skis)
* Dry clothes for between and after races
* Casual but neat and appropriate clothing for Saturday banquet
* Non-race clothing for Friday night and Sunday’s bus ride home
* Toiletries
* Homework and reading material
* Water bottle and carrier
* Kick waxes for classic warm-up skis
* Overnight bag that stays at the dorms
* Day bag to bring to race venue
* Snacks for Friday bus ride

Skis, Boots, and Poles

1 pair classic training skis

1 pair classic race skis, boots, and poles

1 pair skate training skis

1 pair skate race skis, boots, and poles

If you do not have skis other than your race skis please try to borrow some.

You may bring more race skis if you wish but only one pair of skis will be race waxed for each race.

A message from Steve Vosburgh, Head Wax Coach:

The intention of the wax team is to provide race skis for preview and to leave training skis out of the mix to only be used for spare gear or if there is a specific time crunch. I’m ok with skiers having training skis and agree that skiers should be prepared to wax the training skis themselves IF they are needed.

Skiers are also welcomed to bring, skin skis, waxless or zeros as possible warm weather options. We will keep a specific rack for these skis to have them handy should they become a viable option.

Ski Prep

* Mark skis with your name on the tips
* Clean skis (all klister must be removed from sidewalls)
* Clearly mark wax zones for both hard wax and klister
* Brush skis with a soft copper brush
* Wax skis with a warm, low or no fluoro wax (Swix CH8, Toko LF or NF yellow)
* Brush skis with a soft copper brush followed by a nylon or horsehair brush
* Wax and scrape with the suggested LF layer (wax selection will be posted on this site by Wednesday evening)
* Brush with a soft copper brush followed by nylon or horsehair brush