

Wax Guide

Classic Skis

You only need the simple red/green/blue wax kits for classic skis (with cork for rubbing the wax smooth, and a plastic scraper to remove wax). A bottle of base cleaner and throw away fiberlene towels are good to clean your skis next season.

For the very first (base) layer use a blue wax, and rub it on from mid-foot to toes, and past the toes about the same distance. You can go out a little further in either direction, but avoid reaching the heel so that your athlete learns that they need to be on their toes (just like barefoot running) to engage the wax pocket.

The next layer will depend on the temperature of the snow (a few degrees less than the air temperature). We suggest using a colder rated wax than the weather may suggest, as we can always add a layer of warmer rated wax later. We would also greatly appreciate if parents help with waxing before lessons.

Skate Skis

Skate skis require glide wax which you can ask your local ski shop to do for you. Otherwise you will need a special hot iron to melt it on, which you then scrape off leaving only a thin layer behind. You can also add glide wax to the non-grip section of your classic skis, but it's not strictly necessary. The process of applying glide wax is beyond the scope of this simple guide.

Tutorials

For those of you who would like more information about waxing skis, try the [video tutorials by Swix](#) (which includes details for recreational, sport, and racing, under the Nordic heading). The club sometimes offers waxing clinics as well.