Outdoor Adventures

Cross Country Skiing Gear List

Cross Country (Nordic) Skiing is a wonderful winter time activity that allows you to explore the outdoors with ease. When done properly cross country skiing can be quite an aerobic activity. It is an activity that can be picked up rather quickly, but plan to spend some time falling in the snow when you’re learning. Penn will provide the boots, skis, and poles necessary to participate.

Before arriving for your Cross Country Ski Adventure, there are a few items that you will need to have/bring with you:

- Clothing – Dress in clothing that is both warm and suitable for skiing all day. Dressing in layers works best for winter time. Also, try to avoid wearing clothing made of cotton. Cotton holds moisture if it gets wet and will make you colder
- Food – Please bring a lunch and snack to get you through the day
- Water – At least 1 liter of water
- Backpack – Bring a small backpack to store your food, water and a layer of clothing