



## Waxing Guide 2013

There are loads of waxing videos on YouTube but can be intimidating for the people new to waxing. Some of the equipment can be bought as you get more comfortable with the topic. Look at some of the videos anyway (links below). Also most of the XC retailers offer weekly wax demo sessions. They are a great resource for tips.

There are a few items you really do need:

1. A solvent or wax remover for cleaning grip wax off bases (not to be used in glide wax areas). Available at any store that sells xc gear. Use an old tooth brush to apply it. Also heavy duty industrial paper towels (blue) are useful for clean up.
2. A plastic wax scraper or two to scrape excess glide wax after it is removed. A 75 mm steel scraper available from any hardware store which helps to remove grip wax.
3. A cork to smooth out grip wax.
4. Glide waxes (which work for classic and skate) and kick waxes (for classic). You'll need a few for the different temperatures. Two-three glide ones and three-four kick ones (you can get by with Swix's green, blue, red, purple for grip). See more detailed list below. You can also buy packets of wipe-on glide wax but they cost more and may not work as well under all conditions.
5. A brush to clean glide wax zones (brass) and remove excess glide wax (nylon). A combination brush with nylon on one end and brass on the other is a good way to start.
6. Waxing is so much easier if you have a ski form to hold the ski while you wax, and a wax iron to apply the wax. An old household iron can be use but requires great care to avoid damaging the ski bases . A wax iron has much better temperature control.
7. The best way to add to your supplies is to watch for sales, particularly at the end of the season. Talk to a knowledgeable ski retailer for more: Steve Tuttle at Kunststadt, anyone at Fresh Air.

See also the list below.

Here are the basic steps:

1. Clean the grip zone of ski bases: remove any old wax and dirt. You can use a steel scraper to start but then you need a wax remover applied with a tooth brush. Wipe them clean with something that has few/no fibres -- you can buy something (fibrelene) but I hear coffee filters work.
2. Clean glide zone by brushing in the direction of travel with a brash brush; avoid brushing into the grip zone, and similarly avoid wiping grip wax into the glide zone.
3. Put glide wax appropriate for the temperature on the entire length of the ski for skate skiing (for classic don't do the grip zone; see next step). The technique is like colouring with a crayon. Cork it in really well (ironing is best). Then scrape it off. Do a second layer. Always work from tip to tail (the direction of movement).
4. Figure out where the kick zone is -- that's the part of the ski, under the binding, that flattens out when all the skiers weight is on one side but is off the snow when the weight

is distributed over both skis. Often the store will mark the kick zone with a black line on the side of the ski. You can also find it using the paper test: Have your skier put on their boots and stand on the skis on a flat surface (make sure the surface is flat, if using your floor at home do the test several times in different locations to make sure you get the same results). Make sure the bases are clean. Have the skier stand with weight evenly distributed and place a sheet of paper under the foot area and see how far you can move the paper toward the tip and tail. That full space is the kick zone. Have the skier put all weight on one ski with the paper underneath. It shouldn't move at all. If it does then the skis are too stiff for the skier (skier doesn't weigh enough).

5. Crayon on the grip wax in the kick zone in multiple thin layers. Make sure it's correct for the temperature and age of the snow. Waxes are labeled for this. For Saturday we'll have fresh snow and about -10.
6. Cork in the grip wax really well then do another layer. Give that wax plus a wax once step warmer for your skier to bring with to the session. If they aren't getting much grip we can re-wax. Very important: crayon on a relatively thin layer and cork well to smooth out any lumps; after corking you may not be able to see the wax very well but you will feel it. Apply multiple layers (this will depend on the stiffness of the ski) and you will learn by experience how many layers are needed. Better to apply less than required and add some outside if needed. It is difficult to remove grip wax outside and if you have to much you will lose glide.

### **Buying Waxes**

Get to know one wax line well. Fooling around with 4 or 5 different brands will only confuse you. What follows are recommended waxes for VAUHTI and Swix. Choose one brand and stock up on it.

Each racer needs a basic wax kit for both glide wax and kick or grip waxes. Only basic waxes are required, please ask one of the coaches if you have questions.

Classic skis should have the wax pocket marked with a permanent marker. This makes waxing much more consistent. Please ask one of the coaches if you have questions about determining your wax pocket.

### **Basic Wax List for Racers**

#### **Binder Waxes:**

Swix

VG35

or

Vauhti

Basewax AT or Base wax super

#### **Kick Waxes:**

Swix

V20 Green ( -10 to 18°C)

V30 Blue (-5 to-15°C)

V40 Blue Extra (-3 to -10°C)  
V45 Special Violet (-2 to -6°C)  
V50 Violet (-1 to -3°C)  
V55 Red special (0 to -2°C)  
V60 Red (+1 to -1°C)  
or  
Vauhti (synthetic)  
Green (-10 to -30°C)  
Blue (-5 to -10°C)  
Orange (or Carrot) (-1 to -6°C)  
Violet (0 to -2°C)  
Violet (0 to +1 °C) *yes there are two violets*  
Red(0 to +2°C)  
Yellow (+1 to +4°C)

**Klister:**

Swix

Universal Klister  
Silver universal Klister  
KR50 Flexi Klister  
KR60 Vario Klister

or

Vauhti

Universal Klister  
Violet  
Silver Plus  
Silver Minus

**Glide Wax:**

Bulk (any brand) CH line (include Green, Blue, Purple, Pink(red) and Yellow glide waxes).

**Basic Tool List:**

- 2 x cork (synthetic is best) – one cork for warm grip wax, one for colder grip wax
- Metal scraper (thin dull putty knife also works well) – used to scrape grip wax/klister from skis
- 2 x plastic scraper
- Groove scraper
- Waxing iron – buy an iron designed specifically for waxing skis, it's a very worth while investment
- Nylon brush
- Shop Towels – thick blue soft paper towels available at Canadian Tire. Good for removing goopy solvent & grip wax mix when cleaning skis. Fiberline works as well but is more expensive and is usually only available at a ski shop.
- Wax remover – for removing grip wax
- Wax form and some kind of folding metal "saw-horse" to mount it on

Here are some online references:

- [Classic Wax - How To](#) (this one's pretty good)
- [Swix information on kick wax](#)
- [Swix School](#)
- [Toko wax information](#)
- [Saul's Simple \(though not really\) Waxing System, Part 1](#) - you can look for the other parts (2-4)
- [Waxing Guide from the Ptarmigan Ski Club, Fort McMurray](#)

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