ANNEX D TO

212/01-08-06/ExNS18

Dated AUG 18

**DRESS AND EQUIPMENT**

1. The list below is not restricted but a guide to what personnel should bring with them. Due to the location and season, personnel should be prepared for weather conditions to change on a daily basis.

1. Trainers
2. Suitable winter footwear
3. Socks/Woollen Socks
4. Cold weather long sleeve Dri-Running Tops or Half Zip tops (Base layer)
5. Jogging Bottoms/ Ron Hills (Base layer)
6. Nordic Trg Bottoms (Outer layer)
7. Nordic Trg Top (Windproof & Breathable) (Outer layer)
8. T-Shirts
9. Woollen Hat (normal daily use – not for trg)
10. Running Buff/Neck Gaiter
11. Running Hat (Needs to be able to cover the ears)
12. Gloves (Nordic Trg Type) - ask if in doubt.
13. Gloves (Cold Weather - for normal daily use)
14. Gortex Trg Jacket (windproof – for trg only)
15. Hooded Down Jacket (for normal daily use)
16. Washing Kit
17. Towel
18. Sun Block/Lip Salve
19. PT Kit
20. Tracksuit
21. Sport Sunglasses with interchangeable lenses (No Alpine Ski Goggles!)
22. Daysack
23. Camera
24. Water Bottle and Holder (Not Military)
25. Aladdin mug
26. Civilian kit for evenings.
27. Head torch (**mandatory)**
28. Hi-Vis belt (**mandatory)**

2. As a guide, the links below provide information on what to wear, layering and general advice on clothing for when Nordic Skiing.

<http://crosscountryskitechnique.com/what-to-wear-cross-country-skiing/>

<https://www.rei.com/learn/expert-advice/crosscountry-ski-clothing.html>