

Simple Nordic Ski Prep Guide

2013

New Ski or Stone-ground ski that has NOT been Hotboxed.

1. Scrape off any glide wax on the ski.
2. Brush out skis tip to tail using copper brush. 20 strokes.
3. Polish base with 30 strokes back and forth with Omni Prep Pad (www.jenex.com)
4. Iron, scrape, brush Toko NF (formerly System 3) Yellow. Let wax cool 20 minutes or more after ironing. Brush with copper and then soft nylon brush.
5. Repeat up to 4 times.
6. Iron, scrape, and brush Toko LF Blue to harden the base.
7. Now the ski is ready for race waxing.

Training and race waxing skis

1. Wax skis at least once per week of use. During the race season you should have at least one race per week so you should be waxing them for every race.
2. Brush out with 20 strokes of the copper brush.
3. Polish the base with 20 strokes of the Omni Prep Pad
4. Clean-wax the skis by doing a “hot-scrape”. Apply liberal amount of Toko NF (formerly System 3) Yellow, iron on, scrape lightly while still warm. Cool. Brush off wax.
5. Now the ski is ready for the wax of the day.
6. Always start(unless told otherwise) by ironing on LF Black, scrape, brush.
7. Keep iron just hot enough to melt wax, but not to make any smoke.
8. Place iron flat down on paper towel in between waxing to keep down smoke.
9. Drip or crayon on recommended HF or LF wax for current conditions.
10. Iron just 2 or 3 times from tip to tail always moving forward. Never iron over liquid wax.
11. Cool to room temp, scrape and brush.
12. Brushing should start with the copper brush and finish with the soft, nylon brush

Minimum Needed Tools

1. Iron: T14 Digital Wax Iron 1200W USA, or T8 Wax Iron 800W USA
2. Thick plastic plexiglass scraper: Plexiblade 5 mm, no packaging
3. Soft Nylon brush: Toko Nylon Polishing Brush
4. Copper brush: Toko Copper Brush
5. Omni Prep Pad. (See www.jenex.com). For polishing ski between waxing.
6. Groove pencil to clean out groove and sides: Groove Pin Nordic w/packaging
7. Bench to hold skis (you can build your own) or: Ski Vise Nordic (3 piece)
8. 150 and 180 grit sandpaper. Use 150 grit to rough up kick zone before using klister. Use 180 grit to rough up kick zone before stick wax.

9. Sharpen plastic scraper by laying the sandpaper flat on a table, bracing the scraper against a block of wood, rubbing scraper's thin edge on sandpaper. Keep the scraper sharp! (Or order: Scraper Sharpener World Cup)

Minimum Glide Needed Waxes

1. NF (formerly System 3) Yellow for clean waxing and soaking
2. LF Blue for cold weather.
3. LF Black – usually a base layer under the race wax.
4. LF Red – for most training conditions.
5. LF Yellow – to mix with Red in warm snow. Only if not getting HF Yellow

Extra Waxes and Tools – NEEDED BY ATHLETES AIMING for JN's

1. HF Blue for cold weather.
2. Cold Powder additive for very cold weather.
3. Horsehair brush for brushing out HF Blue.
4. HF Black. Excellent for dirty wet snow like we see in the spring. Can be mixed with HF Yellow or by itself as a final coat.
5. HF Red and Yellow.
6. AX134

Toko Classic Waxes

Stick (Grip):

1. Nordic BaseWax Green (order 2)
2. Nordic GripWax Blue
3. Nordic GripWax Red
4. Nordic GripWax Yellow

Klister:

1. Nordic GripSpray Base Green 70ml
2. Nordic Klister Blue
3. Nordic Klister Red
4. Nordic Klister Yellow

Minimum Toko Classic Tools

GelClean Spray, 250 ml wax cleaner
Multi-purpose Scraper, no packaging
Plasto cork