



## Junior Athlete Wax Box Suggestions

Athletes should work to build knowledge and skill as a waxer in this sport, and to eventually develop self-sufficiency. Here are some suggestions to guide a gradual development of a wax box; add as needed, based on your preferences. Every family in the program should have a basic set of tools and **bolded** waxes, while eastern cup level athletes should ideally have a complete range of waxes to cover all conditions.

### Glide Waxes:

Training Waxes: Waxes to use on a daily basis. Start with 1 in mid-range, and add as you like.

<b>Toko NF Red OR Swix CH 6</b>	Add Toko Blue & Yellow or CH4 & CH 8
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Race Prep Waxes: Favorites used as a starting point for a race prep, or for citizen/HS racing, or fast training.

Graphite Base	Hard/Clear Base (one is fine)	Mid Base (one is fine)
Ski Go LF Graphite, Star MAP Black	Vauhti LF Polar (green) or HWK LFW3	HWK OSV or Swix LF6 or STAR LA 6, etc. or Toko LF Red

Racing Waxes: Totally optional starting points for race waxes.

Cold	Mid	Warm
Toko HF or LF Blue, HWK LFW3, Vauhti LF Polar	Holmenkol Racing Mix Mid, Swix HF6, Toko HF Red, Star HF 6	Toko HF Yellow, or Swix HF 8, or Star HF2

### Grip Waxes:

Start with a small set of core waxes. Here are some current favorites to start from. Learn how these work, mix, etc. before growing! You will learn more working with or adding one brand at a time.

	Drywaxes	Klisters
Base	<b>Vauhti SuperBase</b> or Toko Green Stick (or spray)	Vauhti K-BASE or Toko Green or KX20
< -8° C	Rode Green or Blue Super	Rex Blue or Swix KX30
-8°...-4°	Vauhti Carrot or <b>Swix Extra Blue</b> or Rode Blue Super	Rode Special Violet or Swix KX35
-4°... 0°	<b>Swix Special Violet</b> or Rode Violet Multigrade	Vauhti K-Violet or <b>Swix KX45</b> or Guru Extreme 39 hard or Rode Violet
0° C	Rode Violet	Rode Multigrade, <b>Swix K22</b>
> 0° C	<b>Swix Special Red</b> , Swix VR65, Toko Yellow	<b>Rode Rossa</b> , Swix KX60

### Tools: (All Athletes!)

Plastic Scraper, Groove Scraper, Nylon Brush, Copper/Brass brush, Cork, Putty Knife / Klisterscraper, Wax Iron (a good one), Kick Wax Remover (like Toko HC3) .

### Sources:

- Local Shops (Ski Rack Burlington, Onion River Sports) are a great place to start, usually have Swix, Toko and sometimes others.
- HWK Ski Wax USA is the source for OSV and LFW3. They make others, these two are excellent.
- Caldwell Sport (VT) imports Vauhti & Red Creek and Boulder Nordic Sport (CO) imports Holmenkol & Ski Go. They do mail order and both sell many other brands.
- V2 Jenex is the Star importer, makes V2 roller skis, in NH.

[www.caldwellsport.com](http://www.caldwellsport.com) | [www.bouldernordicsport.com](http://www.bouldernordicsport.com) | [www.jenex.com](http://www.jenex.com) | [www.hwk-skiwax.us](http://www.hwk-skiwax.us)