

CERNSC uses this chart to determine appropriate length for JN skis and poles. Deviation by 5 cm makes little difference. The rental cost includes poles but Polar Cubs do not use poles during lessons (too confusing and crowded), but kids do like poles and they might give them a try during family outings. White beginners use poles later in the season. No-wax (fish- scale) skis or JN (combi) skis with sticky wax applied in the center kick zone are used for learning Classic Technique. Kids in the Blue group and above learning the Skate Technique and should have skate skis, longer poles, and stiffer boots. All our skis have NNN bindings that require 2 parallel grooves along the bottom of the boot (not a single wider central groove).

Skier (inch)	Skier (cm)	JN skis	JN poles	classic skis	Classic poles	skate skis	skate poles
36	91	95	75	100	75	90	80
37	94	95	75	105	75	95	80
38	97	100	80	110	80	100	85
39	99	100	80	110	80	100	85
40	102	105	85	115	80	105	90
41	104	105	85	115	85	105	90
42	107	110	90	120	85	110	95
43	109	110	90	120	85	110	95
44	112	115	90	125	90	115	95
45	114	115	95	125	90	115	100
46	117	120	95	130	95	120	100
47	119	125	100	130	95	120	105
48	122	130	100	140	100	125	110
49	124	130	105	145	100	125	110
50	127	135	105	145	105	130	115
51	130	140	110	150	105	135	115
52	132	145	110	150	110	135	120
53	135	145	115	155	110	140	120
54	137	150	115	160	110	140	125
55	140	150	120	160	115	145	125
56	142	155	120	165	115	150	130
57	145	155	125	165	120	150	130
58	147	160	125	170	120	155	130
59	150	165	130	175	125	160	140
60	152	170	130	180	130	165	140
61	155	175	135	185	130	165	145
62	157	175	135	185	130	170	145
63	160	180	140	190	135	175	145
64	163	185	140	190	135	175	150
65	165	185	140	195	140	180	150
66	168	190	145	200	140	180	155
67	170	190	145	200	145	185	155
68	173	195	150	205	145	185	160
69	175	195	150	205	145	190	160
70	178	200	155	210	150	190	165
71	180	200	155	210	150	195	165
72	183	205	155	215	155	195	170