



Glide Wax - Simplified for Idaho Below is a Swix wax checklist. The checklist is devised with four categories; Basic Requirement, Mid-Range, Idaho Race Kit, No Excuses Racer (Speed at All Costs). Start with the Basic Requirement and build to each successive category considering your budget, experience and upcoming races. These categories are based on typical southern/ central Idaho weather and snow type. Another strategy to just buy waxes that fall in the temperature and humidity range you are predicting to ski. Swix 7 and 8 cover you from 18 to 34 so they are always a safe bet for Bogus Basin. Check out the Swix Wax Wizard: www.swixracing.us

	Basic (Training)	Mid-Range	Idaho Race Kit	No-Excuses Racer
CH3 Powder, -12°C to -32°C (12°F to -25°F)			X	
CH4 Green, -10°C to -32°C (14°F to -25°F)	X			
CH6 Blue, -6°C to -12°C (21°F to 10°F)	X			
CH7 Violet, -2°C to -8°C (28°F to 18°F)	X			
CH8 Red/pink, +1°C to -4°C (34°F to 25°F)	X			
CH10 Yellow, +10°C to 0°C (50°F to 32°F)	X			
LF3 Cold Powder -10°C to -32°C (14°F to -25°F)			X	
LF4 Light green, -10°C to -32°C (14°F to -25°F)		X		
LF6 Light blue, -6°C to -12°C (21°F to 10°F)			X	
LF7 Violet, -2°C to -8°C (28°F to 18°F)		X		
LF8 Red/pink, +1°C to -4°C (34°F to 25°F)		X		
LF10 Yellow, +10°C to 0°C (50°F to 32°F)		X		
HF3 Cold Powder -10°C to -32°C (14°F to -25°F)				X
HF4 Light green, -10°C to -32°C (14°F to -25°F)				X
HF6 Light blue, -6°C to -12°C (21°F to 10°F)				X
HF7 Violet, -2°C to -8°C (28°F to 18°F)			X	
HF8 Red/pink, +1°C to -4°C (34°F to 25°F)			X	
HF10 Yellow, +10°C to 0°C (50°F to 32°F)				X
FC1 - Cera F Turbo Solid 2°C to -30°C (36°F to -22°F)			X	
FC2 - Cera F Turbo Solid 0°C to +20°C (32°F to 68°F)				X
FC7 - Cera F Powder Cold				X
FC8 - Cera F Powder Universal			X	
FC10 - Cera F Powder Warm				X

Basic Tools Required for Waxing:

- Swix Ski Form T0793
- Swix Iron T73110 / T74110
- Groove Pencil T0088
- Scraper T823
- Medium Bronze Brush T162b
- Blue Nylon Brush T160

Additional Advanced Tools:

- Scraper Sharpener T408
- Manual Structure Tool T401 / T405
- Fine Steel Brush T192ND
- Boars Hair Brush T164B

Cera F/ Flouro Specific Brushes:

- Stiff Nylon Brush T194
- Cork/combi Brush (Turbo) T196
- Horse Hair Brush T157
- Blue Nylon (Cera F only) T160
- Roto Cork / Roto Brushes
(see roto brush program in catalog)

Glide Wax Application:

Brush (20 strokes) using Bronze Medium T162B or Fine Steel T192ND

Apply wax for today's condition: Use recommended temp on specific wax. Keep iron in steady motion tip to tail – repeat passes w/ iron 2 to 3 times

Let ski cool @ room temp.

Remove wax in groove with groove pencil
Remove wax on side walls and edges

Scrape ski: using pushing motion in short strokes

Brush (10 strokes) Bronze medium T162B or Fine Steel T192ND

[Manual structure -if required]

Light pass with scraper

Final brush (15 strokes) Blue Nylon T160