

# Beginner Tuning Starter Pack

*Just my starter pack, similar to the one I received when I first started tuning!*

*-leah*

## EDGE TUNING

- 1. File Guide-** Used for side edge tuning, holds diamond stones and files.  
Personal Recommendation-I prefer file guides with a built-in clamp. The separate clamp can sometimes get in the way and has to be held awkwardly. I have the [Swix Stainless Steel Side Edge File Guide: Built In Clamp \(87/3 degree\)](https://www.artechski.com/swix-stainless-steel-side-edge-file-guide-built-in-clamp/) and I like it a lot. I've never had to be the person asking "Do you have a clamp?" because you can't lose a built-in clamp. Link: <https://www.artechski.com/swix-stainless-steel-side-edge-file-guide-built-in-clamp/>  
If your side edge is at 3 degrees (it most likely should be), get the 3 degree/87 degree guide.
- 2. Diamond Stones-** Used to take burrs out of side edge and polish side edge with a file guide. Don't fall for stone lubricants, water works just fine and doesn't leave any oil build up on your stones.  
Personal Recommendation-I have tried Swix and Diaface Moon Flex Diamond stones, and Moon Flex stones win by a landslide. I ended up (respectfully) chucking my Swix Stones in the trash because of how inadequate they were. I would get the 100 grit (black), 200 grit (red), 400 grit (yellow), and 600 grit (white) stones. The 1500 Grit stone isn't worth it, just get an ivory stone instead. There will be an option to get the 100 mm or 70 mm stones, definitely get the 100 mm stones. Link: <https://www.artechski.com/diaface-moon-flex-diamond-files/>
- 3. Ceramic Stone-** Used to take the hanger off of base edge. Take stone and rub it along the base edge to take off the hanger.  
Personal Recommendation- I use the Swix Fine Ceramic Stone (the white one) and the Swix Coarse Fine Ceramic Stone (the gray one). I would only buy the white (fine) one, it gets the job done. There are SVST ceramic stones, but they have a weird X across the stone that I find really annoying. Clean your ceramic stone regularly with base cleaner and fiberlene. Spray the base cleaner on a piece fiberlene and rub the piece on the stone and you'll see the black stuff come off. Link: <https://www.racewax.com/swix-ceramic-stone-fine-t0998/>

4. **File-** Used to sharpen side edge with file guide.

Personal Recommendation- Swix Race Tech File: Bastard 20 cm: 13 Tpcm.

Although I don't use this file myself now, it's what I started out with now. It's a great starter file. It's easy to use and doesn't catch, and even has an arrow to show how you run it with the file guide. Once you get your program running, look into the Swix ice cut files and the Swix pro files. Link:

<https://www.artechski.com/swix-race-tech-file-bastard-20-cm-13-tpcm/>

5. **Sidewall Cutter-** Used to take down sidewalls. As you take down your side edge with a file, you have to take down your sidewalls so you're not skiing on your sidewalls.

Personal Recommendation: Swix World Cup Sidewall Planer. I use this and I love it. Yes, 130\$ for a sidewall cutter may seem excessive, but if you mess up your sidewalls, it's extremely hard to fix them. So I say make the investment with a high quality sidewall cutter. Avoid buying new skis in February because you used a sidewall cutter that was not very nice and now it looks like someone took a knife to your sidewalls. Link:

<https://www.artechski.com/swix-world-cup-sidewall-planer/>

I would strongly advise not buying an electric tuner when you first start tuning. You can do some damage with a file guide, but you can really murder some skis with an electric tuner you don't know how to use. Razor tunes are overrated. It's good to learn how to hand tune first! If you insist on buying an electric tuner, buy one that runs along the base rather than the side edge.

## WAX

1. **Standard everyday training wax-** Just any everyday training wax :)

Personal Recommendation:I recommend and use either Swix Base Prep 88 or Base Prep 77 for my everyday training wax. It's pretty standard to use CH (Performance Speed)5, CH(Performance Speed)6, CH(Performance Speed)7, and CH(Performance Speed) 8 as an everyday training wax though. The Performance Speed/CH line has different temperature ranges that can be seen on the box covers. The Base Prep line just has Cold (77), Base (88), and Warm (99). You can't go wrong with either. If you go the Base Prep route, don't bother with Base Prep 99. BP 88 is just superior and does a better job than BP 99. If you go the CH route, don't bother with CH 4. It's super hard to work with and it burns at a really high temperature which is not good for your skis, CH 5 works just as well. Buy a bar of CH 10 just for the spring

skiing at the end of each season, it'll most likely last you a lifetime. Link:

<https://www.artechski.com/swix-ski-wax/>

- 2. Race Wax-** As of right now fluorinated wax was banned by USSA, but was postponed for the 2020-2021 season for FIS races. I personally haven't heard of any fluoro testing being done in the US, but it still could be happening. According to the US Ski Team's website, even if you follow their steps to remove fluorocarbons from your bases it is "very unlikely that your skis will be 100% clean, and in fact, such a thing doesn't exist" I do not recommend buying any new fluorinated waxes, but tbh, just use up the ones you have then switch to the new fluoro free race waxes Swix has. It's also in your best interest to not be applying overlay at the start in plain sight with officials in view.

Rosetta Stone for the new fluoro free waxes:

Top Speed=Fluoro Free "HF or High Fluoro"=Fastest

High Speed=Fluoro Free "LF or Low Fluoro"=Fast

Performance Speed=CH=Regular training wax

## WAXING TOOLS

- 1. Scraper-** Used to scrape wax  
Personal Recommendation- At Least a 4 mm scraper, but 5 mm is best. The 3 mm scrapers bend easily which isn't great. I use the Swix 5 mm scraper but the SVST ones seem better because they're a bit wider than the Swix ones. Do not use metal scrapers as your regular scraper. Link:  
<https://www.artechski.com/swix-wax-scraper-5mm-thick/>
- 2. Iron-** Used to melt wax onto ski  
Personal Recommendation-Any of the Swix irons besides the T70 and T75 will be fine. The Toko ones tend to break easier, not sure why. Link:  
<https://www.artechski.com/swix-digital-wax-iron-t73d/>
- 3. Brushes-**Used after scraping to polish bases. You should start with a coarse bronze/steel metal brush used only before waxing to get salt and dirt out of your skis. Do not use this brush after waxing! Write pre-wax on it. For after waxing, you need another coarse bronze/steel brush (DO NOT use this brush on speed skis unless using a cold hard wax!). The last brush you need is a fine nylon brush to use after scraping and after using your post-wax coarse brush.  
Personal Recommendation- The Swix oval brushes are great. I'd avoid the smaller

rectangle brushes, they wear down faster and take longer to use. Also avoid the green extra fine steel brush, it's just suspicious. If you have a roto brush, do not use the steel roto brushes. Link: <https://www.artechski.com/swix-brushes>

## BASICS

1. **Set of hex keys**-perfect for chin bars, you'll be the friend that saves the day with chin bar issues
2. **ScrewDrivers**- Flat head, Phillips, Pozidriv, and torx. Just overall really good to have around.
3. **Rubber Bands**-Rubber bands specifically made to retain the brakes of the ski to keep them out of the way while tuning. Personal Recommendation-The red Artech bands are the best. Swix makes black ones, but they're super stiff, there's also green ones but those break faster than the red ones. Link: <https://www.artechski.com/artech-brake-retainers-red/>
4. **Set of microfiber towels**-used to dry off skis after skiing. Just buy them off of amazon.
5. **Tuning gloves**-used to prevent slicing your hand open while tuning. Wear these all the time! Don't bother with the fancy Swix gloves, gardening gloves with work just fine.
6. **Vix Protection Cut Resistant Leggings**-Now that you're tuning skis and you're doing a really good job, you have sharp skis. In the very unfortunate occasion that your ski comes off and you manage to land on your ski edge, these will protect you from a laceration. They are not cut proof, but they are cut resistant. Sync, POC, Base360 and other brands make cut resistant leggings-don't bother. These are the absolute best out there. I've used the POC and Base360 leggings, and they just don't feel as protective as the Vix. I actually used to wear my regular leggings, the POC cut resistant leggings, the base 360 cut resistant leggings, and Sync cut resistant shorts, and all of those combined are not even close to the vix leggings. Yes, these leggings are expensive, but totally worth the investment. Link: <https://vixprotection.com/>

Also consider donating to the Stop the Bleed Foundation! They educate coaches (and parents/athletes!) on how to use tourniquets and distribute them to ski clubs across the country. Link:

<https://kellybrushfoundation.org/skiracingsafety/stop-the-bleed/>

## TIPS AND TRICKS

-When you buy your skis, have your base and side edge set to either a 1 and three (U10, U12, most U14s), or a .5 and 3 (Second year U14s, U16 and up).

-Overtime, your file guide will get worn down from taking the files/stones in and out of it. To keep your file guide as close to 3 degrees as possible, replace your file guide every two years. As it gets worn down, it becomes a 2.8 or 2.7 degree file guide, which is not precise and can change what your side edge is set at on your skis.

-Diamond stones and(if you tune everyday) last a season. Files last around two seasons. They get worn down and less abrasive as time goes on.

**-PLEASE** stay away from the Toko yellow scraper sharpeners. They create concaved scrapers, which creates concaved bases, which creates mid season ski shop trips. If you have ever used a Toko yellow scraper more than once on any of your scrapers, either use a Swix electric scraper sharpener to fix them, or just throw them away. Although a nice sharp scraper is tempting, don't do it. They're expensive, but the Swix electric scraper sharpeners are super nice.

-Always travel with vices. Don't be the person tuning until 10:30 pm the night before a race in the freezing cold outside a hotel because you were waiting to use vices all night.

-Run your iron a consistent way. Either have it vertical with the front of the iron going first, vertical with the back of the iron going first (how I run it), horizontal with the left side going first, **or** horizontal with the right side first. Just pick a way and stick to it.

-Invest in an iron cover. Protect the expensive piece of hot metal you invested in! It'll keep the scratches off and is great for travel.

-Invest in an extension cord. It's also great for your iron when you travel.

-Base cleaner should almost never be used on your bases, just do a warm scrape instead!

-Don't base your wax call (what temperature wax you're choosing) based on the temperature in the town (usually shown on the weather app) Example, if I have a race at Whiteface, I would not base my wax call on the Lake Placid Temperatures. Most mountains have their own weather forecast online if you look up "Whiteface Mountain Weather" or wherever you're racing.

