



What to bring and What to leave behind

Here are some guidelines as to what you will need to bring for your cruise and learn program. Please email or call if you need any help or have any questions.

Pack ALL your gear (not including wet weather gear) in one **SOFT-SIDED bag no larger than 12x12x18 inches**. Storage space is very limited.

Clothes

- Shoes - soft soled, non-marking soles, marine deck shoes preferred but sneakers are ok. Have a second pair so that you will always have some dry shoes available in case of rain. **Open toed sandals or bare feet are not allowed while sailing.**
- T-shirts and shorts
- Lightweight long pants
- Set of warm clothes –it is always cooler on the water and some evenings can feel quite cool after a day in the sun.
- Long sleeve shirts for sun protection
- Hat with strap for sun protection
- Unbreakable sunglasses with strap
- Swim suit
- Wet weather gear - You will need a jacket and pants that will keep you dry in case of rain. The type that Wanjira and I use cost approx \$110 from WalMart.
- Sailing gloves - fingerless leather gloves, similar to weight lifting or bicycling gloves (if you don't already have them don't go buying them. I will loan you some)

Other Gear

- Personal toiletry items
- Sun screen, SPF 15 or above, lip balm
- Bug Juice

Documents

- Proof of citizenship; valid passport preferred.

Course Material

- Basic Cruising Skills- Gillian West
- Safe Boating Guide
- 4 Page plan & Evaluation sheets (if already supplied)

Food

- Your share of the contribution to the evening meals.
- Beer and/or wine if you wish.
- All other meals and snacks will be provided.

We will provide:

- Bedding (freshly laundered sheets and/or summer weight sleeping bag)
- Freshly laundered towel
- Sailing gloves if needed
- Inflatable type PFD

Leave at home!

- Half of the luggage that you start to pack.
- All of your cares and worries
- Envious friends and relatives.