



## Shearwater Sailing School Minimum Kit List for Sailing Courses

### Bring with you

- Enough changes of clothes to last the number of days you are sailing, plus one extra set. (Always worth having a spare.)
- Select clothes that are comfortable, T-shirts and the like.
- Casual clothing suitable for shore wear (we sometimes visit a pub for a meal or drinks)
- Warm jumper
- Fleece
- Soft (non marking) shoes
- At least 2 pairs of warm socks
- Sleeping bag
- Towel & wash kit (a bag to carry your wash kit to the shower blocks and back is handy too)
- Suntan lotion & lip salve (yes, even in England)
- Torch with fresh batteries
- Woollen hat, scarf or snood
- Gloves
- Sun hat or baseball hat
- Shorts (always optimistic)
- Own medical items
- Sea boots (don't buy these if you don't have a pair, a 2nd pair of soft shoes will do)
- Own yachting water proofs, if you own them. Otherwise these are supplied

### Optional Items:

- Flip-flops or other slip-on shoes for wearing to the shower blocks.
- Ear plugs, as it is very snug quarters and some people snore.
- An evening beverage of your choice + mixer, if needed.

### The following items are provided as part of the course

- Pillow and pillow case
- Approved life jacket and harness