

Charts, Publications & Nautical Terms	Emergency Situations
Basic Terms	MOB Recovery under sail & power
Chart Overview - Symbols & Lights	MOB Onboard - treat for shock & hyperthermia
Chart Datum - Depths & Heights	Sending a distress message
IRPCS	Securing a tow - pushing & pulling
NUC RAM CD FISH SAIL POWER	Rules of the Road
Lights & Day Shapes of Vessels	Rules of the Road
Rule 19 - Narrow Channel	Who gives way?
Navigation	Risk of Collision
Passage Planning	Lookout - day & night
Advanced Tidal Planning	Electronic Navigation
Use of Tidal Stream Atlas	GPS Use
Pilotage - "Rolling Road" & Mini Map	AIS
Position Fixing (DR, EP & Running Fix)	Using Waypoints, Routes & VMG
Course to Steer with leeway	Weather
Transit of Soundings	Low system explained
Use of Logbook	Forecasts explained
Boat Preparation	Cloud Types
Engine WOBBLED & Boat Checks	Sea & Land Breezes
Sail Selection	Convergent & Divergent Breeze
Crew Briefing	Tidal Curve & Secondary Ports
Safety	Tidal Diamonds & Atlas
Yacht Safety Equipment	Fog Tactics
Personal Safety Equipment	Handling under sail & Helming technique
VHF use (Mayday) & GPS (MOB button)	Points of Sail & Sail Trim (Poled out Headsail)
Use of Flares	Heavy Weather Helming
Use of Lifejackets & Harnesses	Anchoring / Mooring buoy pickup under sail
Liferaft Procedure	Hove to & Stalling
Helicopter Rescue Procedures	Reefing - upwind & downwind
Crew Responsibility	Handling Under Power
Engine	Propwalk & Tight Turning
Parts of Engine & Operation	Slips, Springs & Lasoo
Changing the impellor	Alongside / Marina berthing & un-berthing
Bleeding the fuel system	Mooring to a buoy
	Anchoring - where & how

We provide lifejackets & wet weather gear. You will need to bring with you enough clothing for the course duration and a sleeping bag. Here's a list...

Sea Boots (hiking boots or wellies if you have those)
Sunglasses (Cheap as they may go overboard)
Sun cream
Wash bag & Towel
Torch (Red Light Preferable)
Good sleeping bag & Travel Pillow (if you have 1)
5 pairs of socks minimum
Merino Thermal underwear
2 other thin long-sleeved tops (Running or Hiking clothing is perfect)
Hiking Trousers & Shorts (If we get lucky with weather)
Fleece
Body Warmer (the extra night-time layer)
Woolly hat (Cheap as it may go overboard)
1 full set of street clothes inc. shoes to put on when we are in port
Soft kit bag for easy storage...no suitcases!
1 digital device - preferably a phone
Notebook
Personal Sailing Logbook (if you have one)