

Nautical Terms		Emergency Situations	
Yacht Types		MOB	
Parts of the boat		MOB Recovery	
What does what?		Sending a distress message	
Sails & Rigging		Manners & Customs	
Rope Work		Protection of Environment	
Knots & their uses		Burgees & Ensigns	
Use of Bollards, Rings & Cleats		Courtesies to other craft	
Handling & Throwing Warps		Rules of the Road	
Coiling & Stowing Lines		Who gives way?	
Use of Cleats & Jammers		Risk of Collision	
The "Wolfs Balls"		Lookout - day & night	
Sail Handling		Dinghies	
Hoisting Sails		Loading	
Stowing / Flaking Sails		Handling under oar & engine	
Sheets & Halyards		Engine operation	
Safe use of Winches		Weather	
Reefing		Sources of Forecast	
Fire Precautions & Fire Fighting		Beaufort Scale	
Fire hazards onboard		Helming	
Action in the event of fire		Points of Sail	
Gas precautions		Wind Awareness	
Safety		Tell tales & Heel angle	
Yacht Safety Equipment		Steering a compass course - power & sail	
Personal Safety Equipment		Mooring	
VHF use (Mayday) & GPS (MOB button)		Lines & Fenders setup & use	
Use of Flares		Understands Bow & Stern to mooring	
Use of Liferrafts		Understands Alongside mooring	
Use of Lifejackets & Harnesses		Mooring to a buoy	
Rescue Procedures		General Duties Onboard	
Crew Responsibility		General Duties Onboard	
Basic Navigation		Domestic Duties	
Logbook		Daily checks	
Latitude & Longitude			
Chart Symbols			
Almanac			

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)