

*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 (Keep in a plastic bag)
- Soft kit bag for easy storage...no suitcases!
- 1 digital device - preferably a phone
- Notebook
- Personal Sailing Logbook (if you have one)