

## Sailing Kit List

The list below is only a recommendation of items to bring. The quantities are up to you but one change of clothes is essential in case you get wet.

It is not exhaustive, nor is it obligatory! Like all sports clothing, some items can be expensive so if you are trying out sailing for the first time you might wish to bring equivalent clothing that meets the purpose. You can search the internet for images of items to get a better idea of what is needed. If you like sailing you can always invest in good quality clothing that will last, if cared for.

Item	Comment
<b>Clothing</b>	
Sailing jacket	Waterproof (rain/spray), windproof, lined. Available for loan from <a href="#">Sea Jays</a> – please
Sailing trousers / salopettes	Waterproof (rain/spray), windproof, lined. Available for loan from <a href="#">Sea Jays</a> – please ask.
Woolly hat	Night sailing can get cold, even in summer in the Solent
Scarf or neck warmer	Keep cozy on the night sail!
Peaked cap	Baseball cap or similar to reduce the glare of sun and water
Sunglasses	Often popular to have a loop or cord to prevent them falling over board, particularly if they are expensive! Please make sure they
Deck shoes / training shoes	Soft soled, non slip, non marking. Not leather soled
Sailing boots	Waterproof (rain/spray), windproof, possibly lined. Not wellington boots but something warmer than training shoes for night sailing.
Socks	Warm ones for night sailing
Sailing gloves	Waterproof, windproof. Sailing gloves usually have leather palm patches to prevent rope injuries to hands, also they are often fingerless. Not mittens unless the mitten can be pulled back to free up fingers to handle ropes, etc.
Life jacket	Supplied by <a href="#">Sea Jays</a>
Safety harness	Supplied by <a href="#">Sea Jays</a>
T-shirts	Layers is the way to stay warm and control your body temperature. 3 or 4 layers in cold weather.
Shirts	Polo shirts and/or cotton long sleeved. Layers is the way to stay warm and control your body temperature.
Roll necks	Layers is the way to stay warm and control your body temperature
Fleeces	Or woollen pullovers. Layers is the way to stay warm and control your body temperature.

Trousers	Jeans or 'hiking' trousers, or any water/windproof
Shorts	If warm weather is forecast!
Underwear	As you see fit and appropriate
Swimming gear	Not generally permitted whilst under tuition
Evenings ashore kit	After a day's sailing the evening may well be spent relaxing in the pub or restaurant ashore.
<b>Domestic</b>	
Sailing bag or sports bag	Soft sports or sailing bag, probably 2 for all the kit, which should be able to be stowed in lockers in the boat. Bags should not be hard
Plastic bag	To separate wet clothes from dry ones. Salt water doesn't dry very quickly.
Sleeping bag	Good quality will ensure a good sleep.
Pillow	Pack a small one, will help you sleep.
Toiletries	All marinas have showers
Towel	Small towel or synthetic quick dry as wet towels are hard to dry.
Suncream	At least factor 30 as the sun's glare of the water can burn easily.
Lip balm	Recommended for all, tropical flavor is the best!
Anti Sea Sickness	Eg. Stugeron (read the instructions)
Prescribed medicatio	Please declare to your skipper
<b>Ancillaries</b>	
Torch	Head torch is more useful than a handheld one.
Personal first aid kit	Optional, as a normal first aid kit is supplied on board.
Sailing knife	Optional. With lanyard. For the more experienced sailors.
Mobile phone (and camera?)	With charger (UK sockets and USB available on board).
Tablet	Optional of course! With charger.
RYA logbook	Supplied foc by <a href="#">Sea Jays</a>
Cash and cards	Good idea to bring some cash, cash points available near most marinas

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