



Kit List

Please remember it can be MUCH colder on the water than on land - particularly at night - you will be miserable if you are cold so bring lots of layers and always a hat, scarf and gloves. If you are on a Cross Channel Cruise please do not forget your PASSPORT.

What to bring (essentials):

PASSPORT – not needed for 2 or 5 day courses, unless specifically stated.

Fleeces/warm jumpers

Thermal underwear or equivalent bottom layer e.g. leggings etc

Waterproof/windproof jacket and trousers (waterproofs are available, but feel free to bring your own if you have some) but bring any lightweight items you may own

Jeans/trousers (for wearing ashore-not good afloat, as stay wet)

Tracksuit trousers / Ron Hill, or other trousers to sail in

Warm Socks (suggest 2 thick pairs and thin 2 pairs)

Non-marking deck-shoes, trainers or non-slip wellies – bring a change of shoes in case you get wet feet

Underwear

Trousers & shorts

T-Shirts

Long-Sleeve Shirts/Sweatshirts

Gloves & Scarf, Hat /cap (bring a both in case of 'rain or shine')

Sleeping bag (or a sheet and duvet can be hired for a small fee)

Pyjamas

Sun Glasses (we can all hope !) Suntan Lotion

Toiletries (toothbrush, toothpaste, soap, shampoo, deodorant and so on). A towel

Any medication required (please inform skipper of medication before travel)

Stugeron or Dramamine if liable to seasickness (please bring a supply of these even if you have never suffered from sea sickness – you just never know!). Sea Bands are an alternative to drugs and have good reports.

What to bring (luxuries):

A couple of tapes, or CD's – check when you book.

A magazine/book

Sweets

Alcohol

Camera – please send any good photos in, any we use in publicity will earn a reward.

A small torch

Things to Tell Us Before you Go:

If you need a sleeping bag

If you need waterproofs

If you are taking any medication

If you have any medical problems of which we should be aware

If you are a vegetarian, have other special dietary requirements

If you do not have a passport, or are a non-EU resident.