

What's Needed for the Sailing Courses

Buoyancy aids are supplied however if students are more comfortable with their own we encourage them to bring it.

A wet-suit (preferably a full length 3-4 millimeter suit).

Spare shoes that can be worn in the water. (wet-suit booties or old trainers are perfect).

* PLEASE NOTE: flip flops and Crocs are good for on shore side however they tend to be cumbersome and awkward on the water and hence go missing.

A wind-sheeter jacket preferably with a hood for on the water.

A warm jumper or jacket for lunchtime.

A change of dry clean clothes for going home.

Dry towel(s).

A packed lunch (if not purchasing from the onsite cafe. meal deals are available) we like to promote a healthy eating lifestyle and so ask parents not to send excessive sweet treats or fatty foods (some is perfectly acceptable).

Any medication required throughout the day i.e. inhalers. please also inform the senior instructor of the details of the medication.

A spectacles neck holder/croakie, so as not to lose them.

Sunglasses look good too. Even in the rain!