

LEARN TO SAIL CHECKLIST

This is a list of the gear you need to bring along for your Learn to Sail course.

It doesn't need to be flash – but you need to be prepared for both sunny and cooler conditions.

- Wetsuit – short arms/short legs allows flexibility but if you already have another type it will work fine.
- Thermals – long sleeves and leggings to wear under the wetsuit on cold days.
- Wind and spray jacket – some wetsuits only provide limited wind protection.
- Rash shirt – or other quick drying sun protection.
- Lifejacket – if you have one. If not the Club can provide this.
- Footwear – wetsuit booties or rock hopper footwear if you have it. Old sneakers or sandals are also fine.
- Hats – sunhat or cap and a beanie for the colder days.
- Food – water bottle and snacks.
- Sunscreen.
- Towel.
- A full change of warm clothing.
- A pen to write with.
- The weather forecast for the day.
- Any medication or allergy advice (to be passed to the coach on arrival)

Remember it may be colder on the water than on deck so be prepared.

For Holiday LTS programmes, bring ample snacks and drinks.

For Sunday LTS programmes, you can buy hot dogs, sweet treats and cold drinks at the Galley after sailing.

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LEARN TO SAIL CONVENOR

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