

## Elite Sailing Suggested Packing List for Practical Sailing

### (Day Sailing Only and Covid 19 Requirements)

**Wet Weather Clothing ("Oilskins")** This is a waterproof outer jacket and trousers to keep you dry. Unfortunately during Covid 19 we are unable to offer the usual hire service so please bring your own. If you buy proper sailing clothing 'coastal' level of protection is more than sufficient. You don't have to buy special sailing clothing – waterproof walking clothes with a built-in hood are sufficient but make sure you will be warm enough by wearing layers.

**Sailing Boots** - are like Wellingtons but with a special sole that gives a good grip on deck. Ordinary Wellington boots may be OK for a weekend but you would have to be careful when moving on deck because they tend to have slippery soles. You can buy sailing boots at yacht chandlers or from Elite Sailing reception at Chatham. Basic, decent quality boots cost about £50 and are more than adequate for training course. Top quality breathable gore-tex boots cost from £150 upwards and are worth the investment if you are going to do a lot of sailing. We do not have boots for hire. During summer months and especially with day sailing only, unless heavy rain is expected you may decide just to accept the risk of wet feet!

**Deck Shoes** - have a special sole that gives a good grip on deck. They are available in traditional leather and also in a trainer style. Ordinary trainers are acceptable but ensure that soles are non-marking (ie they shouldn't leave a black mark when scraped on a plastic or vinyl surface).

**Warm, comfortable clothes or cool clothes** – according to the weather. But its always colder on the water and remember the wind chill. So even in summer bring a warm jacket.

**Woolly hat** in cold weather. **Sun hat** in sunny weather (very important)

**Sailing gloves.** These protect your hands and the suede or kevlar finish make it easier to grip ropes. There are also thermal versions for winter sailing. But to minimise risks of transmission of Covid its best not to wear gloves unless you really need to and wash your hands frequently instead.

**Lanyard** to keep your specs attached.

**Seasickness pills** (if you think you might need them)

**Sun cream** (for sensitive skin even in winter)

Pack all your personal effects into a small, soft bag or bags which are easy to store below deck and keep your gear separate from everyone else's.

### **During Covid 19:**

**Lunch:** Bring a packed lunch and your own drinks – stowed in your bag. Drinking water is available from the yacht's tanks. (Unfortunately for risk reduction we cannot prepare food or drink aboard).

**Masks:** Bring a mask or other face covering. We will make disposable masks available but you may prefer your own. Masks will have to be worn for at least some of the time

**Personal Sanitiser Gel:** We will make sanitiser and plenty of soap and water available. But bringing your own small bottle too is even better.