

Elite Sailing Suggested Packing List for Practical Courses – Non-Residential

(Day Sailing Only)

- **Wet Weather Clothing ("Oilskins")** This is waterproof outer jacket and trousers to keep you dry. Wet weather clothing hire is available for hire, numbers of sets available in each size are limited so must be ordered on the day or in advance through the office. The charge is £7 per set per day capped at £25 per event.

If you buy proper sailing clothing, 'coastal' level of protection is more than sufficient for most people. 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 (perhaps including thermal underwear October to March).

- **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. 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.

Unfortunately, we do not have sailing boots / deck shoes 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 (i.e. they shouldn't leave a black mark when scraped on a plastic or vinyl surface).
- **Clothing** - Warm, comfortable clothes or cool clothes – according to the weather. But it's 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.
- **Lanyard** to keep your specs attached.
- **Seasickness pills** (if you think you might need them), we suggest the purchase the non-drowsy tablets.
- **Sun cream** (for sensitive skin even in winter)
- **Packed Lunch** for your day trip, tea and coffee will be provided throughout the course.

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.

Shore accommodation nearby Chatham Marina:

Travelodge:

Western Avenue, Chatham Historic Dockyard, Chatham, ME4 4NT Sat nav postcode: ME4 4TY

<https://www.travelodge.co.uk/hotels/598/Chatham-Maritime-hotel>

Tel: 08715 591878

Ship & Trades:

Maritime Way Chatham Maritime Chatham ME4 3ER

<https://www.shipandtradeschatham.co.uk/rooms>

Tel: 020 7365 0519