

ELITE SAILING - SUGGESTED PACKING LIST FOR PRACTICAL COURSES

- RESIDENTIAL SAILING WITH OVERNIGHT STAYS ABOARD

- **Wet weather clothing** (Oilskins) or similar outdoor clothing. Good quality breathable sets (jacket and trousers) are available for hire and can be reserved during the booking process. These are designed to keep you dry but not necessarily warm.
- **Boots** - sea boots or clean wellingtons (non-marking soles essential) Not needed if you think the weather will remain dry or you do not mind wet feet! We do not hire boots.
- **Deck Shoes** - If trainers, ensure soles are non-marking.
- **Woolly hat** (for Winter months). Sun hat or cap in summer.
- **Head torch** (red light)
- **Sailing gloves** or similar. These are not essential but help with handling ropes – especially on sailing boats.
- **Clothing** appropriate to the length of your course and the weather. Make sure you will be warm enough on deck. It's usually cooler on the water than ashore and you should bear in mind wind chill. In cold weather bring several thermal layers so you can adjust the protection.
- **Toilet bag and towel.** The yachts have a toilet compartment with a washbasin and a shower. However, the water tank capacity is insufficient for all crew to have showers each day so normally we only shower when there are shore facilities available. On courses of more than 2 or 3 days we will ensure at least one overnight stop is made somewhere with such facilities.
- **Bottled water** if you do not wish to drink water from the boat.
- **Lanyard** to keep your specs attached
- **Seasickness pills** (if you think you might need them) we suggest the non-drowsy tablets.
- **Sun cream** (for sensitive skin even in winter)
- **Sleeping bag, under sheet and pillowcase.** Note that berths have mattresses with a mattress protector fitted and a pillow is provided. The mattress protectors are not for use as sheets and are not laundered after every use. You should use your own sleeping bag, pillow slip and an under sheet for comfort and hygiene.
- **Snacks** – you are welcome to bring any snacks, cakes, etc onboard.

Pack all this into a soft bag that can be folded flat for storage. There is no separate space to store luggage so you will have to share your berth with this bag.

ADDITIONAL NOTES

1. **Safety Equipment:** We provide all essential personal safety equipment– lifejacket and safety line. If you prefer to bring your own life jacket, that is fine, as long as it has at least 150N buoyancy, auto inflation, crotch strap, integral harness and been professionally inspected in the last 12 months.
2. **Phone Charging:** Mains (AC) electrical power is not available except in a marina. Limited charging capacity is available from the ship's 12 volt batteries. Conserve power by keeping your phone turned off unless you really need it. Bring a USB charging lead and car charger plug and maybe a backup battery.
3. **Meals and Catering:** Provisions for all meals and tea, coffee etc are provided aboard the yacht. You will be expected to assist in preparing meals. Traditionally on our sailing trips we have provisioned with emphasis on good quality basic ingredients with fresh meat and vegetables and meals prepared from scratch (ie no ready meals, junk food or luxuries). We have not taken a 'menu driven' approach. Instead, we have provided a wide range of ingredients to shopping to allow considerable variety in recipes. We intend to maintain the emphasis on quality and no ready meals or junk food – but we will adjust ingredients to support simpler meals that can be prepared by one person and served to people in ones or twos rather than in a single crew gathering. With this change you might want to bring a few of your own favourite sailing snacks.

If you have any dietary requirements, please ensure to advise the office prior to your course so that we can accommodate your request.

4. **Domestic Duties**: Learning to live harmoniously aboard the yacht is part of the course. You will be expected to contribute to domestic chores (eg cooking, washing up and routine cleaning) and at the end of the course to assist with cleaning the boat inside and out.

Updated June 2023 - NG