

## What to Bring

### What to Wear

For your first time out sailing it's not necessary to buy any specialist clothing. Dress in comfortable casual clothes and wear non-slip, non-marking, closed toe shoes (old runners are ideal). Shorts and a t-shirt are fine depending on the weather. Bring a rain jacket to protect you from the spray and wind. It can be cooler out on the water so wearing layers is recommended in cooler weather.

Long hair should be tied back and don't wear excessive jewellery that could get tangled up whilst you are sailing. It's important to have your hands free to get on and off the boat and to be able to sail. It's best not to bring mobile phones or other valuables onto the boat as they may get damaged.

Life jackets or personal floatation devices are provided by the Club and must be worn at all time on the water.

### What do I need to know?

Most people who sail for the first time don't know the bow (front) from the stern (back). Don't worry if all the terminology seems daunting because if you are taking part in a Discover Sailing Course there will be a qualified Instructor that can help you learn new skills at your own pace.

### Tips for your first time sailing

- Dress warmly and appropriately, Make sure you have your own hat, sunscreen, water proof jacket, and non-slip, non-marking, closed toe shoes.
- Use the toilet facilities at the club before you get on the boat
- Safety is important – we will provide you with a life jacket. Life jackets are essential on a keel boat whilst afloat.
- Be careful not to stand on ropes or sheets and don't wrap them around your hands. Keep your hands and fingers clear of blocks and winches.
- Hold onto something on the boat. One hand for you and one hand for the boat is a common saying.
- Don't leave a mobile phone (or even a wallet) in your pocket as they may be lost overboard
- Follow the skipper's instructions and ask questions if you don't understand
- Don't drop or throw anything overboard
- Let the Club or Instructor know if you have a disability, illness or injury that might influence your ability to participate
- Instructors will give you a safety briefing before you head out, but if they forget, don't hesitate to ask for one
- Have Fun!!!

