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What to bring – Clothing and Food

Clothing

Bring warm clothing appropriate for the time of year and weather forecast. Include an **extra layer and/or thermals** (ski thermals are ideal) to cope with the wind chill – even in summer.

Don't forget Spring and Autumn can be warm and sunny, so optimists should pack a pair of shorts, **sun cream** and **sunglasses**

Foul weather gear is available for hire – this is a must if you don't have your own – even if the weather forecast looks great – sea breezes may develop on sunny high pressure days – resulting in considerable wind chill.

Deck shoes or trainers are essential. Please ensure they have non-marking soles – or you will be scrubbing the decks! For longer trips sailing boots are great – alternatively wellies and an extra pair of socks.

Sailing or non-slip **gloves** are really useful.

For overnight trips we suggest the following additional items:

Sleeping bag (we provide pillows and pillowcases)

Towel

Wash bag

Night clothes

Ear plugs (just in case)

The yachts have 2 showers on board with hot water, but most crew use the onshore facilities when in harbour. If the yacht is attached to shore power, there is power for hairdryers!

Victual

The yachts all have a cooker with 2 burners, oven, kettle, pots and pans, cutlery, tumblers, wine glasses, bottle openers, can openers and a large fridge – so just about any catering can be prepared on board.

Don't forget the essentials – long matches, tea, coffee, milk, sugar, cuppa soup, chocolate, water and soft drinks, beer and wine, toilet rolls, washing up liquid, kitchen roll, salt and pepper! Plan your catering around your intended trip; with a simple extra meal should things not go quite to plan (such as pasta and pesto)!

For example, a weekend trip – you might think one Friday night meal on board – 2 breakfasts and 2 lunches and a meal out on Saturday. Count the number of crew and then plan and purchase accordingly.

Local supermarkets include Morrisons (nearest), Asda, and Waitrose. Turn left out of the Marina Car Park, and then turn left at the end of Haslar Road. Morrisons is 2nd exit of the first mini roundabout.