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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!