

## GEAR LIST

Over the course of your sailing journey you may well encounter weather conditions far beyond anything you will experience in the city. You must have the suitable clothing and equipment.

Please ensure that you obtain all of the gear outlined on the list below, please stick to this list and don't bring too much as there is limited space downstairs for gear.

**We provide a life jacket and full wet weather jacket and trousers to wear over your own clothes.**

**Please bring your own rain jacket for on shore activities.**

GEAR REQUIRED	2-3 day	4-5 day
Soft Gear Bag (you must be able to fit all of the required gear below into it)	1	1
Sleeping Bag	1	1
Pillow (you can use a jumper instead)	1	1
Small Daypack (backpack)	1	1
Water Bottle	1	1
Sandshoes / Running shoes (clean ones for on deck, non-marking if possible)	1	2
Jandals	1	1
Waterproof Bags (for wet clothes stowage in your bag)	4	4
<b>FOR YEAR ROUND SAILING</b>		
Waterproof Jacket (Pants optional) for going ashore	1	1
Fleece	1	1
Polypropylene/wool/fleece base layer	2-3	4
Polypropylene/wool/fleece long johns	1	2
Socks	2-3	4
T-shirts (preferably 'dri-fit' style, as cotton is difficult to dry)	2	4
Shorts	2	3
Togs (swimsuits or well tied beach shorts. No bikinis or loose fitting shorts)	1	1
Rash vest for both sun protection and warmth in winter sea	1	1
Track pants	1	1

Personal underwear	3-4	5-6
Pyjamas (covering you shoulder to knee at least). Appropriate to the season (thermals or tshirt and sleep shorts) and the thickness of your sleeping bag.	1	1
Towels	1	2
Sunhat with chin strap	1	1
Face Covering (e.g. face mask or buff)	1	1
Sun Glasses	1	1
Torch/Batteries (with extra batteries) (Head torch is preferable)		
Sun Screen/Lip Balm		
Personal Toiletries (soap, toothbrush and paste, deodorant, <b>no spray deodorant or spray sunscreen or wet wipes</b> )		
Any Personal Medication		
Simple first aid kit (band aids, aspirin/Panadol, etc.) <i>(The Vessels have comprehensive first aid kits available)</i>		
Sea Sickness Tablets (it is advised that you buy some sea sickness medication if you are unsure whether you get sea sick or not), take these 2hrs prior and <b>let the crew know you have taken them</b>		
<b>ADDITIONS FOR WINTER SAILING</b>		
<i>Socks (preferably woollen or thick socks)</i>	2	2
<i>Gloves (one pair of fleece/polypro pair)</i>	1	1
<i>Woollen/Fleece Beanie and/or Balaclava</i>	1	1

**Please note:**

- Denim jeans, cotton t-shirts and casual shoes are **unsuitable** for the sailing activities. When they get wet they don't dry and are cold.
- An electronic devices policy has been agreed upon with your group leader. If you are permitted to bring iPods, mobile phones, or cameras on board, we strongly suggest using a dry pouch or sealable plastic bag to safeguard them from the elements. Please note that the safety of these devices will be your responsibility.

You **MUST** have all the above equipment to be prepared for your journey. The preference should be to borrow any gear from the above list that you do not personally own.

**Most importantly, all the above gear must fit into one soft bag as space is limited downstairs.**