






EXTENDED KIT LIST

If you are not new to sailing and some of the terms on the kit list in our Joining Instructions here is some additional information.

Most of the terms used in the kit list are self-explanatory. We have added some extra details to the kit printed in that document:

Kit	Comments	
Collapsible Bag	You should pack your kit in a collapsible bag, there is little storage space on the training boat and no room on board to store rigid suitcases.	<p>A “normal” sailing bag looks like this:</p>  <p>However, any soft-sided bag or rucksack will be ideal.</p>
T-shirts		If you have light skin or burn easily some long sleeved shirts might be useful.
Shorts		
Hat	To keep the sun off	
Deck Shoes or other non-marking shoes	To be worn when we are sailing, they need to cover your toes	<p>Deck shoes are available in many colours and from a wide range of manufacturers.</p>  <p>Provided your shoes cover your toes And the sole does not mark the fibreglass deck they will be ideal. Wearing open shoes (sandals etc.) or not wearing shoes at all risks you injuring yourself.</p>
Sailing Gloves	Useful if you are not used to handling ropes	<p>Sailing gloves protect your hands from what can be the rough surface of ropes. In extreme cases they can prevent rope burns.</p>  <p>Again there are many different manufacturers, styles and colours.</p>

Waterproof Jacket	Trousers are optional.	
Long trousers	Night sailing	
Fleece / Jumper	It can be cool at night	
Swimming costume	There will be time to cool off.	
Underwear		
Towel		
Toiletries		
High Factor Sunblock	Very important!! We suggest Factor 15 plus.	
Sunglasses	And something to tie them on with.	<p>Sunglasses are very important. On the deck of a boat, we seem to get twice the glare as the sun is reflected off the sea. We also spend a lot of time looking up at the white sails!</p>  <p>The best sunglasses have polarised lens.</p>
Medications- <i>Please remember to inform us of any medical conditions</i>	Including seasickness pills.	<p>Some clients have also found Sea Bands helpful.</p> 
Insect repellent	Mosquitoes do occasionally appear!	

Notepad		
Torch	Useful but not essential	
Penknife	Ditto!	
Passport	Very useful!	
Cash & Cards	Even more useful!	Note that Greece is mainly a cash based society, credit cards are rarely used in restaurants and shops.
European Health Insurance Card	Provides emergency medical treatment in EC Countries.	You can find out details about the card from the site:  http://www.dh.gov.uk/en/Policyandguidance/Healthadvicefortravellers/Gettingtreatmentaroundtheworld/EEAandSwitzerland/DH_4114795
Luxuries:		
Music CDs		
Books/magazines		
Sweets		
Alcohol		
Camera		
Navigation instruments, logbook etc	If you have them and want to use your own	Particularly students who are doing a Day Skipper, or higher, course will normally have their own navigation kit which they may prefer to use. On the practical courses the school, of course, provides all the required equipment.