



sailing centre

Families Weekend Useful Information

What to bring with you

Water activities

- swimsuit/ swimming trunks
- rash vest (if worn)
- warm clothes to wear on the water, including tracksuit trousers/leggings (not jeans)
- fleece jumper
- lightweight windproof jacket
- sailing boots or a pair of shoes that can get wet – not flip flops, crocs or wellies

Land Activities

- trainers
- jeans/leggings that can get dirty

General

- plastic bag for wet/dirty clothes
- wash kit and extra towel
- additional changes of clothes, including dry shoes
- duvet cover
- pillowcase
- nightwear

- slippers/indoor shoes for the ship
- any medication (eg inhaler, epipen, insulin) that might be required

Depending on the weather

- high factor waterproof sun cream
- insect repellent
- sun hat
- sunglasses, if worn
- warm hat and gloves

What CYE can provide

- Wetsuit
- Buoyancy Aid
- Waterproof jacket and trousers
- Helmet

What to leave at home

- Mobile phone and other electronic equipment
- Valuables