



sailing centre

Sail and Study Useful Information

What to bring with you

On the water

- swimsuit/ swimming trunks
- rash vest (if worn)
- warm clothes – 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

For land activities

- jeans/leggings that can get dirty
- trainers

General

- plastic bag for wet/dirty clothes
- wash kit and extra towel
- plenty of 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
- small amount of money for the gift shop

Depending on the weather:

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

For your study times:

- laptop / tablet
- stationery
- books and study materials relevant to your subjects
- headphones for listening to music

What CYE can provide

- wetsuit
- buoyancy aid
- waterproof jacket and trousers
- helmet

What to leave at home

- valuables