

- Warm clothes:
 - Fleeces — cheapo ones are fine
 - Avoid cotton as it absorbs sweat instead of letting it pass through
 - Avoid denim jeans for same reason.
 - If it is really cold, ski-pants with fleece long pants worn underneath are ideal.
 - Warm socks.
 - Wooly hat/scarf
 - Gloves (ideally waterproof)
 - The key idea is “layering”. If conditions are cold (winds for the weekend are forecast to be Northerly at present) then several layers of light fleece-type clothing are ideal.
 - Bring something warm to wear at night. Remember that you will probably be sharing a cabin with a stranger and may need to leave cabin during the night!
- Water-proof outer clothing:
 - You *must* have water-proof jacket & pants.
 - Ideally breathable — though these are expensive.
 - “Deck” shoes are great if weather is not too wet & they give very good grip on deck.
 - If conditions are wet, deck/sailing boots are ideal — worth buying if you plan to go to sea a couple of times a year.
 - Dinghy-sailors boots (neoprene-lined) will chafe after a while & don’t keep feet dry.
- Other necessary items:
 - Sleeping bag — ideally packed in bag so won’t get wet while loading boat.
 - Personal toiletries.
 - All gear packed into kit-bag; *not* hard suitcase as these take up space.
 - Sea-sickness tablets — Stugeron. You can get 15g. ones from pharmacy without prescription. Ask advice of pharmacist but I usually suggest that people start taking them night before. Follow the instructions & do not over-dose; this will make you sleepy.
- Optional items:
 - Book — though you probably will not find time to read it!
 - Personal luxuries — e.g. boiled sweets that you particularly like.
 - Camera.
 - Torch (small penlight type ideal).