

RIVAL SAILING

SAILING CHECKLIST

The key to sailing is travelling as light as possible but with lots of layers and a few essentials.

Scotland's weather can be unpredictable so you'll need to make sure you're kitted out with adequately protective clothing and footwear to stay safe, dry and comfortable whatever the weather's doing. If you're unsure about any of the items on this list, please contact us.

You will be provided with foul weather jackets and salopettes (if you already have these you're welcome to bring your own instead), safety-approved lifejackets and safety harnesses

For all sailing activities, you will need:

- Soft-soled, non-slip deck shoes, boots, trainers or wellies
- A few layers of upper-body clothing – *thermal base layers, long and short-sleeved t-shirts and fleeces are ideal, being warm and quick-drying*
- Lightweight trousers/tracksuit bottoms and shorts
- Warm socks – *spare pair recommended*
- Hat and gloves
- Sun block, sun glasses and cap/sunhat – *the glare off the water can be strong even on dull days, so your eyes and skin will need adequate protection*
- Prescribed medication, including inhalers
- Face mask and pocket-sized sanitiser (rapid lateral flow tests for C-19 also recommended)

For overnight sails, you will need:

- All of the above
- Sleeping bag
- Boots/wellies or spare shoes
- Night wear
- Towel and toiletries
- A soft bag to stow away your gear in lockers

For RYA courses, you will need:

- [RYA Yachtmaster Scheme Syllabus and Logbook](#) (£7.99)
- [Reed's Skipper's Handbook \(for Sail and Power\)](#) (£9.99 - not essential but recommended)
- Passport photo to receive standard commercial endorsement (Day / Coastal Skipper only)

You might also want to bring:

- Earplugs and a pillow!
- Camera
- CDs or mp3 player
- Anti-sea-sickness tablets
- Swimming costume

East End Endeavour is equipped with a radio, CD player, facilities to hook up your phone/iPod and USB charging points. You will also have the use of our binoculars, reference books and learning resources.