



Sailing Kit List (Autumn/Winter)

- **Sailing** - Warm Joggers and jumper / Full length Wetsuit depending on weather and temperature (jeans and tight trousers are not suitable). Bathers and towel.
- **Keel Boats** - Warm Joggers and jumper to wear under our waterproof jacket and trousers (jeans and tight trousers are not suitable).

All on the water Activities.

- Wetsuit boots/shoes, old trainers, wellies or other suitable footwear are essential. Please be aware that they could get wet! Bare foot or flip flops are not permitted whilst sailing.
- Woolly hat and gloves
- Long hair must be tied up and it is advisable not to wear jewelry or watches.
- If you suffer from sea-sickness please take or bring with you some medication. It's no fun feeling sea-sick. Any other medication you need throughout the day.

Facilities at the Guernsey Sailing Trust

- RYA trained Instructors and Safety Boats.
- Buoyancy aids/life jackets and waterproof clothing tops.
- A small variety of wetsuits can also be borrowed.
- Use of Guernsey Yacht Club changing and shower rooms (which must be kept clean and tidy).
- We cannot be held liable for any valuables left around the Trust premises or in the changing rooms. We do however have a valuables box which is kept securely in the office if you should wish us to keep your valuables safe.