

Kit list for day sailing

Thank you for booking a day sail with Selkie. We will provide tea and coffee and we have water onboard which is drinkable but comes out of our tanks so feel free to bring your own.

This list has been devised based on experience and although it might seem a lot of stuff to bring conditions can make it wet and cold so it is best to be prepared for all eventualities. There are no spare waterproofs on board.

- non-slip boots or shoes that have been cleaned (please do so before boarding the dinghy)
- waterproof jacket
- waterproof trousers
- fleece
- hat
- gloves
- sunglasses
- sun cream
- remember that even on a sunny day it is always cooler on the water than on land
- water bottle
- packed lunch
- spare clothing is a good idea if the weather forecast is for rain
- towel and swimming stuff if you're planning on a dip
- if you are worried you might suffer from sea sickness, then consider talking to your doctor or chemist. You might find this link useful:
<http://www.nhs.uk/conditions/motion-sickness/pages/introduction.aspx>