



N.B.Y.C. SAILING SCHOOL

Kit List

Complete change (or two) of clothes. Including a dry towel. Bin liner to take wet clothes home.	
Wear warm, comfortable clothes. (It is always one sweater colder on the water!). Fleece clothing is good as they wick any moisture away from the skin and therefore you keep warmer, and it also dries out much quicker. Thermal t-shirt and long johns and thermal ski type socks are good for cold days.	
A waterproof/windproof jacket and trousers. (Not quilted clothing)	
Soft canvas shoes, or trainers, or dinghy boots, with soft rubber soles. Shoes invariably get wet. Plastic bags over socks inside shoes help keep feet warm, and make it much easier to slip feet in and out of shoes/boots.	
Gloves are useful, either sailing, gardening or old wool types, especially without full fingers.	
Hats. Warm one for cold days and sunhat for sunny days. Neck warmer – fleece variety really work for keeping warm.	
Please ensure you secure any specs. And only wear waterproof watches.	
No earrings to be worn. Long hair should be tied back.	
Total block sun cream.	
Personal buoyancy (50n min) and Fitting. NOT the self inflating type.	
It is advisable for all racing groups to have a wet suit or dry suit .	
Pupils in the racing groups must have waterproof racing stop-watches.	
Wet suits are strongly recommended with windproof top and trousers over.	

PLEASE ENSURE ALL CLOTHING IS MARKED WITH OWNERS NAME.

The Secondhand Clothing.

A rail will be supplied in the clubhouse from Saturday 10th April 2010 to hang any goods on which you wish to sell.

Because in the past there have been things taken without being paid for, I would suggest for the more valuable items that you bring a card with your goods for sale listed, a phone number, prices etc: and it will then be up to those interested to contact the person selling the goods.

Also see www.nbyc.co.uk/forsale where you can advertise your goods, and buy from those advertising.

Please make sure you collect any unsold goods at the end of the week.