

High School Sailing Checklist

(Check off each item as they are packed)

- Duffle Bag
- 2 Swim Suits
- 3 Shirts- a rashguard or similar quick-dry synthetic material shirt is best for on the water
- 2 Shorts
- 3 Underwear/Boxers
- 2 Socks
- 2 Sweat Pants/Jeans
- 2 Sweat Shirt
- 1 Bath Towel
- 1 Beach Towel

- Toiletry Kit (Travel Case):
 - Shampoo
 - Deodorant
 - Toothbrush / Toothpaste

- Hat
- Sun Glasses (polarized glasses are preferable – you can see the wind on the water better)
- Sunscreen
- Stop Watch / Waterproof Wristwatch
- Rain Coat & Rain Pants
- Wet Suit *
- Water Bottle

- 1 Pair of Sailing Gloves
- 1 Life Jacket
- 1 Pair of Tennis Shoes
- 1 Pair of Sailing Shoes
- Swim Towel
- Pillow
- Camping Gear (if camping)

* Wet suits may be required at some regattas. They can be rented locally by the day or weekend. Coach will advise before each regatta.