

## **Sailing Essentials**

Don't leave the dock without these items! They make sailing safer for you and your crewmates. As a carrier, use a soft duffel bag for easy stowing without metal buckles that can scratch woodwork.

1. Non-skid deck shoes (or sea boots) with non-marking soles.
2. Leather palmed finger or fingerless gloves for line handling.
3. Warm clothing head to foot (Note: The ambient temperature on the water is usually lower than on land).
4. Foul-weather gear-layers are good
5. Sunglasses
6. Sunscreen
7. Knife on lanyard
8. Whistle on a lanyard
9. Food and drink
10. Flashlight and/or Red lamp headlight
11. Personal Flotation Device (PFD) if you have one. Most boats will have extra PFDs.