

Bob Moncur Sailing



Personal Kit List

(Please retain for your information)

1. One set of casual travel/going ashore clothes for a 2 day course or two sets for a 5 day course.
2. A change of sailing/work clothes [in case one set gets soaked] i.e. Track suit, T-shirts, sweatshirts or sweaters, casual trousers. [Jeans not recommended.]
3. Soft soled/non slip footwear i.e. trainers or deck shoes
4. Underwear, sleepwear, warm socks, hat, cap, gloves.
5. Personal wash kit including towel. [Shower facilities are available in Marinas.] Sunglasses, Sun cream, Seasickness tablets and any medication you may be using.
6. Sleeping Bag and Pillow

It is recommended that you pack your gear in a sports bag or soft holdall, for easier stowage.



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