

South Coast Sailing



What should I bring?

We hope these notes will answer most questions about what you should bring and what you should expect, but please phone or e-mail if you have other questions or want to know more.

Food and Drink

Meals, biscuits, fruit, snacks and hot and cold non-alcoholic beverages are included on all practical courses. There's limited tap water on board that's used for drinking and washing. Mineral water is also carried.

Meals on a typical weekend course will include:

| | |
|----------------|---|
| First evening: | Hot meal |
| Full day: | Non-cooked breakfast – e.g. Yogurts, toast & marmalade, cereals, fresh fruit, bread, toast, cheese, cold meats. |
| | Mid morning snack |
| | Hot or cold lunch (depending on season / preference / weather) |
| | Mid afternoon snack |
| | Hot evening meal* |
| Last day: | As full day but excluding the evening meal. |

Notes:

All students are expected to share in meal preparation, washing and tidying up. The skipper will stress the importance of personal and food hygiene on board – especially cleaning hands, surfaces and utensils.

*Hot meals will normally be of the ready-made variety to save time (and washing up!).

* If the whole crew and the skipper choose, evening meals may be eaten ashore but at each individual's own cost.

Long-life semi-skimmed milk and margarine (not butter) is usually used on board.

Please feel free to bring any preferred snacks or non-alcoholic drinks with you.

The boat is 'dry' when sailing. We may go for a drink ashore at the end of the day if and when appropriate.

In this case drinks are normally paid for from a kitty - bring some cash for this and any other shore expenses – marinas rarely have ATMs – although there is one at Ocean Village next to the Tesco Metro store.

Please confirm on your Booking Form if you have any special dietary requirements or other preferences.

Clothing

General: Space is very limited on a boat so please travel as light as possible. Carry your gear in soft bags that can be easily stowed. Clothing should be comfortable and not restrict movement. Quick drying and 'breathable' fabrics are best. If you're not used to being on the water, imagine you're going on a hill walk in variable conditions.

The following notes are provided to allow for all sorts of weather. Study the Southampton weekend weather forecast before you pack and decide what combination of clothing is best for the conditions. There can be a 'chill factor' on the water that makes it seem cooler than when on land. Bin bags are useful for laundry and wet gear.

Base layers:

Underwear & shorts, T-shirts and light fleeces

Mid layers:

Shirts, trousers, fleeces, jumpers

Top layers:

Wind proof jacket & trousers. We can provide waterproofs but please order on your booking form.

Cold days:

Layers – thin layers are better than one thick one. They can also be removed if it warms up.

Gloves – sailing gloves are best – wool, nylon and neoprene can all be pretty useless if they get wet.

Warm hat / scarf / thicker socks.

Thermals: If you're a 'cold sort' or very cold weather is forecast.

Sunny days:

Hats – baseball caps are popular but make sure it won't blow off on in the first puff of wind.

Sun screen / sun block – the highest possible strength is recommended.

Sun glasses – the sun can be very bright on the water, even on cold winter days.

Shorts – we live in hope!

Wet days:

The School can provide waterproofs with hoods but you may also want a good hat. Carry spares of anything that may get wet especially socks and shoes.

Footwear:

Ideally, proper deck shoes. Otherwise trainers with grippy (not black or marking) soles! Remember a spare pair in case the others get wet. If you have them, sailing boots are recommended for the winter and wet weather.

Washing and “the heads”

Please bring your wash kit and a medium sized towel.

There's not much space to dry a towel on board and it may be even harder when the weather is damp.

The boat has a “head” (very small bathroom) with WC and wash hand basin and hot and cold water. Toilet paper is provided - as in some Mediterranean countries no paper or towels are EVER put down the pan – the skipper will explain the drill. The WC can be used at sea but not usually in a marina – marinas all have good washing, showering and WC facilities.

Sleeping:

Please bring a sleeping bag and a pillow slip – we will provide a pillow.

A torch – It will help you find the marina washroom at 3 A.M!

You'll be sleeping in 'close quarters' with your fellow students and you may be asked to share a cabin with another student of the same sex. Most students wear shorts and T shirts at night to 'preserve their modesty'.

Please don't expect the quietest night's sleep you've ever had - boats can be noisy places.

You may want to bring an Ipad / Radio/ Music player with headphones to keep the noise out – but they MUST NOT disturb your crewmates. The boat has warm air heating so should be cosy on even the coldest nights.

Mobile phones and other electronic gear

By all means bring your phone or other electronic gear with you but gear can get thrown around when we're sailing so it must be entirely at your own risk. Phones can be left on but must normally remain below and unanswered during teaching. Please make sure they don't disturb others at night. The boat has a 12v charging socket that you can use (if it's not needed for boats' equipment).

Books and Documents

Please bring the information sent with your booking confirmation.

A loose-leaf notebook and pen / pencil for exercises and taking notes.

RYA log book* if you have one (essential for RYA courses)

During the course you will be shown useful documents and check lists produced by the School.

Please ask your skipper if you would like copies of any of these.

Please also refer to the recommended reading list of useful books and booklets related to your course.