



What to Bring – Day Sailing:

Without signing of all release forms, *nobody* can participate in any of LifeSail’s shore or water sailing activities!

What to bring:

All Release-forms need to be present or student cannot go sailing.

- Packing: Duffle bag (soft) and/or backpack (NO suitcases, Icebox, or hard case roller types please).
- Food: Bring your own snacks lunch & soft drinks.
 - Refillable water bottle* if all possible
 - No sweets before 2pm please!
- Clothing:
 - Clothes that can get wet and appropriate, non-revealing.
 - Dress warm clothing, long pants.
 - Real windbreaker nylon type (cotton or wool sweater will not work as well on the boat, (let us know if none is available ahead of time).
 - Hat & Sunglasses with string.
 - **Closed Toe shoes**, flat sole *no heeled shoes* (converse or Vans work)
 - **No Flip flops!**
 - No dresses or skirts please.
- Misc.: Sun screen, Lip balm.
- Parents Provide individual medicine (i.e. non-Drowsy Dramamine usually for persons “who don’t like to read in a car”).
- LifeSail will provide PFD’s (Personal Floatation Device)

Only Bring stuff that is absolutely needed