



What to Bring – Catalina / Camp / Sailing:

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

What to bring:

- Packing: Duffle bag and backpack (NO suitcases hard case roller type)
- Food: Catalina trip we by food together – {Summer camp “CBO and/or Parents bring lunch, snacks & soft drinks for the child”}.
 - Refillable water bottle* if all possible
 - **Catalina to be determined daily {Summer camp: Please inform children not to use sweets until the afternoon 2pm”}** (we shall determine time) no sweets before 2pm
- Clothing:
 - Clothes that can get wet & appropriate
 - Catalina trip: X undies/day, warm clothing, long pants, cool @ pm. {Spare set of clothing (pants / T-shirt undies) for the second + days}
 - 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).
 - Bathing suit
 - Towel 1-2
 - Hat
 - **Closed Toe shoes**, flat sole no heeled shoes (converse or Vans work)
 - **No Flip flops (for shower ok but not necessary)**
 - Under wear (long) depending on the season & trip (multi. days)
 - No Skirts please
- Misc: Sun screen, Lip balm, Sunglasses with string (optional, not always good for small children)
- Parents Provide individual medicine (i.e. non-Drowsy Dramamine usually only for persons who don’t like to read in a car). Usually for the 1st day or on longer trips [suggest not to uses the word seasick, to program kids subconscious].
- LifeSail will provide PFD’s (Personal Flootation Device)
- Sleeping Bag
- Roll of Quarters for the shower 4-Quaters for 3 min so \$2/shower is a good guess

Only Bring stuff that is absolutely needed