

McCrae Yacht Club

Getting organised for sailing... A well prepared sailor is a warm and happy sailor!

This list provided below outlines all of the clothing we recommend your child will need to bring to the program. Even if it is a beautiful spring day, it can still be COLD on the water!

Children should arrive each morning already dressed in warm clothes appropriate for outdoor activities. All items should be named for ease of identification:

Bag One: Sailing clothes.

- Wetsuit - full body if possible and not too tight. Wetsuits are available at low cost from many opportunity shops
- Bathers
- Sailing or surf booties - woollen socks with an old pair of runners will suffice
- Woollen (non synthetic) jumper –close fitting and thin if possible. This will be worn underneath the wetsuit. Wool is an excellent insulator. Thermal tops / leggings are also good.
- Windproof / water proof jacket / slicker.
- Warm Beanie (polar fleece or wool, not nylon)
- Cap and sunglasses and sunscreen
- Towel
- Garbage bag to put wet clothes into at the end of the day.
- Water bottle

Bag Two: 'Just in case' clothes:

- A complete change of warm clothes including socks.

We will provide:

- Life jackets
- Sunscreen and water available at the canteen

Lastly:

If your child has any specific dietary or medical requirements please contact the program administrator at training@mccraeyc.com.au.