

AIL SAIL CHECKLIST

- Deck shoes (non-marking runners)
- Non-marking rubber boots or water-shoes
- Heavy sports socks
- Rain suit
- Brimmed hat or cap (in case of sun or rain)
- sweater
- long warm underwear
- Glad Garbage bags for soiled or wet clothes
- jack-knife
- Sleeping bag
- Loonies & Quarters for showers
- Sun Block cream (15 or better)
- Sun Glasses with retention cord
- Gloves
- Wind breaker
- shorts & T-shirts & trunks
- favourite cassettes & CD's
- Towel
- Pillow Case
- Aspirin

A good sailor will pack in a duffle bag. All the food (lots of it) will be provided. We'll go for a beer run on Friday pm. Every day we'll sail to a new destination, sometimes a marina, sometimes a secluded anchorage.