

## Dinghy Sailing Kit List Essentials

### A briefing note for Friday evening Cadet members

To be comfortable on the water, it is essential to dress correctly. Even when it's warm onshore, it's usually much chillier out on the water – especially after a couple of hours and a dip or three.

The kit list below may look a little daunting but the Club does have a range of wetsuits, wetsuit boots, windproof tops and buoyancy aids that can be borrowed. We may not be able to fit all sizes but we do have a reasonable range. Provided we can loan you the kit, the cost to get on the water is minimal.

- Wetsuit (preferably full length)
- Buoyancy aid
- Swimsuit (to wear under wetsuit)
- Water shoes/dinghy boots/old trainers. Not clogs or flip flops – these get stuck in the mud or float away when you go in the water!
- Windproof top. A proper dinghy top is great but an old cagoule/waterproof jacket will do the job.
- Gloves if chilly. Sailing gloves are best, otherwise a material that performs well when wet.
- Hat at all times. Either a warm 'beanie' type or, for when it's hot and sunny (yes, that does happen more often than you think!) a cap with a peak.
- Change of clothes & towel. While it is simplest to turn up ready to go in wetsuits, remember you're very likely to be wet at the end of the evening.

When you start sailing regularly, we recommend getting your own equipment. There are plenty of places to buy online or locally. One supplier that is local is Big Orange Watersports at Gunnislake. [www.bigorangewatersports.co.uk](http://www.bigorangewatersports.co.uk). Before buying a wetsuit, please discuss your needs with an instructor and gain some guidance.

If you can swim, buy a *buoyancy aid* (a basic one costs around £24): for young children who can't swim, a *lifejacket* is essential.