



Rotary Scout – what to bring:

Day Sail

- Wide-brimmed hat
- Sunscreen (SPF 30 +)
- Warm clothing & waterproof windcheater
- Takkies or strap-on sandals that can get wet
- Change of dry clothing
- At least one liter of water or juice (there's always extra water and cordial on the yacht)
- Packed lunch and snacks
- Consent/ Indemnity Form – very NB! No form, no sailing!!
- Prescription Medication if needed

Overnight Sail

- Change of T shirts, underwear etc
- Toiletry bag
- Sleeping bag and pillow
- Torch
- Blow-up mattress or thin foam hiking mat... if you are not allocated one of the six bunks you'll be sleeping on the floor. Work this out beforehand.
- Food for extra meals

Optional Items

- Sunglasses with strap
- Camera (waterproof if possible)
- Seasick pills (any brand – Stugeron is good)

Pack all your gear into a rucksack or tog-bag. Don't overpack as there is limited space on-board.