

## Kit List for Fun Fridays

Recommended	Would do
Wetsuit	
Waterproof/windproof outer layer	This does not need to be sailing specific. Any windproof kagool would suffice.
Dingy Boots	Trainers - adding neoprene or polypro socks would help to keep your feet warm. We recommend you do not wear cotton socks.
Buoyancy Aid - <u>minimum of 50 newtons</u> <i>Please note that club buoyancy aids are only made available during training events. For Fun Fridays, Social Sailing and racing, all members require their own buoyancy aid.</i>	
Towel, a change of clothes and dry footwear This is something we consider important, to warm up cold youngsters quickly, should the need arise.	
<b>Other items you may find useful</b>	
Helmet – parental choice <i>At ELYC helmets are mandatory during Learn to Sail courses for everyone under 18. Club helmets are only made available during training events. For Fun Fridays, Social Sailing and racing, members require their own helmet if one is desired.</i>	
A beanie hat (which can fit under a helmet if appropriate) will help to keep you warm.	
Sailing gloves will help you to grip ropes	
Swimwear for under your wetsuit	
Sun protection – the effects of the sun are more noticeable on the water	
Water bottle	