



PONSONBY SAILING SCHOOL
Equipment List

Hi Everyone,

The thing about being equipped for sailing is not worrying if you have too much gear. I always wear a min of 3-5 layers of clothing before I head out onto the water in the comfort of knowing that I can always take something off. I prefer to be too warm than too cold.

Hopefully we should have excellent weather throughout your time on the course, this means that once we go to the boats we do not return back to the clubhouse until the end of the lesson.

You will find below a short list of what you will need.

Food

Snacks

Drink - please try to avoid milk based products, a bottle of water is best

Clothing

Two sets of warm clothes (one set is for when you come off the water)

These should include:

- Thermals/poly props
- Beanie/baseball cap
- long sleeved tops
- A wetsuit if you have one
- A light weight splash proof jacket
- Wetsuit boots or old trainers
- Togs

Medication

Remember to bring any medication that you may require (eg inhalers, antihistamine etc) and have it clearly marked with your name on it. I have a waterproof bag in which I can put these into.