

SAILING CAMP 2017

Daily Checklist for Sailors

Sailing is a mentally and physically challenging sport. You need to take care of yourself at home and at Sailing Camp. Please get a good night's sleep and eat a healthy breakfast every morning. You will need to bring some basic gear to camp every day. Use the following checklist to make sure you have everything you need for camp every day. **MUST HAVES are essential items you must have to participate in Sailing Camp.** RECOMMENDED items are optional, but are recommended for good reasons!

MUST HAVE TO SAIL

- Water Bottle
- Cold Lunch
- Sunscreen
- Sailing Clothes
- Sailing Shoes
- Lifejacket and Whistle*

RECOMMENDED

- Hat
- Sunglasses
- Towel
- Change of clothes
- Dry shoes
- Bag to keep all your stuff together

Lost and Found: Please write your name clearly on *all* your belongings. Keep track of your belongings. Things seem to get lost a lot more often than they get found! Lost and Found is located at the bottom of the big storage bin we use to store everybody's gear.

Water Bottle: Bring a reusable water bottle. Please do not bring sports drinks, juices, or pop. We have plenty of water, ice, and Gatorade available for plenty of refills all day long!

Cold Lunch: Pack a nutritious lunch to help maintain your energy level for a full day of sailing. Add extra snacks (e.g., energy bar or fruit) if you tend to get hungry between meals. Put your lunch in a waterproof bag (e.g., a heavy duty Ziploc bag) so it won't get soggy in the cooler. Please don't bring anything that needs to be cooked or heated in a microwave.

Sailing Shoes: Your shoes should either strap on or lace up so they will stay on your feet. No flip flops!

YES!



NO-NO!



Sailing Clothes: Quick drying clothing is best. Avoid cotton because it is heavy when wet and takes a long time to dry. Pack extra clothing as needed for rain or cooler weather.

Sunglasses and Hat: Make sure you have a way to attach your glasses and/or hat to your head and/or your shirt. The bottom of Lake Hefner is covered with sunglasses and hats!

Sunscreen: Any sunscreen *lotion* with at least 30 SPF is fine. Zinc oxide is good too. Please DO NOT bring spray sunscreen because it does not cover well enough, especially when it's windy.

Lifejacket and Whistle: If you have a US Coast Guard Type III (or II) personal flotation device (PFD), please bring it with you to Sailing Camp. You will also need a whistle to attach to your lifejacket. If you don't have a quality lifejacket, we will provide one, with a whistle attached, for you.

You must wear an approved lifejacket and appropriate sailing shoes to sail.