

# RYA Youth Sailing Week

## Residential Kit List

### Clothes

- Nightwear / Pyjamas
- Underwear and socks
- Trousers / leggings / shorts
- T- shirts, including long sleeved shirt/t-shirts
- Fleece / sweatshirts
- Sets of clothes for the evening
- Warm coat or similar
- Swimming costume /rash vest (or t-shirts) to wear under a wetsuit
- Baseball hat / sun hat, warm hat and sailing gloves (gloves optional)
- Waterproof jacket / cagoule & trousers (we can supply if required)
- If you own a wetsuit please bring it, if not one will be supplied during the week

### Shoes

- 1 pair of trainers for land based
- 1 pair of shoes for sailing (preferably water-shoes/wetsuit boots or old trainers as they may be damaged by water)
- Pair of dry shoes for evening

Please note that flip-flops or croc style shoes are NOT suitable footwear for any activity session.

### Other Items

- Sleeping Bag
- Single bottom sheet
- Pillow
- One towel for showering
- One old towel for wet / muddy activities
- Reusable drinks bottle (not glass)
- Sun cream
- Small rucksack / bag
- Labelled bin bags for wet and dirty clothing
- Wash bag (including soap, shampoo and toothpaste) \*
- RYA logbook (if already owned, if not, one will be provided)
- Any Medication required (labelled & named)

**All specialist equipment will be provided.**

All clothing items should be named to avoid loss and should be packed in a kit bag that should be labelled and named. It is strongly advised that mobile phones, tablets, jewellery and watches are left at home; these valuable items are easily lost or damaged and can cause concern to young people. Essex Outdoors Bradwell takes no responsibility for the loss or damage of personal items.

**Lost property is kept for 3 weeks before being disposed of**

**If you have any queries about your course, please do not hesitate to contact us on 01621 776 256 or email [Bradwell@essexoutdoors.com](mailto:Bradwell@essexoutdoors.com)**