



## Kit List

### We provide:

Waterproof Sailing Jacket and Trousers  
Lifejacket and Safety Harness  
All food and refreshments for the duration of the voyage

### Things to bring with you: (tick items off as you pack)

- o Sleeping bag - nothing special, cheap and cheerful will be fine
- o Pyjamas or onesies
- o 2 complete changes of outer clothing synthetic fabrics are best (you can wear jeans to and from the boat but not while you are sailing; once wet - they stay wet)
- o Enough underwear to get you through the week
- o 1 warm Jacket to wear under your waterproof jacket - doesn't need a hood
- o 1 fleece/jumper (fleecees are better than cotton jumpers as they are warmer when wet and dry more quickly - hoodies are usually cotton and stay wet)
- o T-Shirts - long sleeve and short sleeve, please don't bring football tops.
- o Warm hat and gloves (beanie hats are great, baseball caps are okay but tend to get flicked off by the ropes)
- o Bin bags for Wellies and dirty kit
- o Warm socks - several pairs
- o Wellies are best at keeping your feet dry but leather type trainers/walking boots will do
- o Towel - big enough to dry you after a shower (micro-fibre towels are great)
- o Wash kit - wet wipes, toothbrush, toothpaste etc. (roll-on or stick deodorants are better than sprays)
- o Sun cream/lip balm/sunglasses/moisturiser, you will be out in the elements while on the boat both sunshine and wind will take its toll on your skin - both girls and boys!
- o Small bag or rucksack for going ashore - not essential, you can put stuff in your pockets
- o Pillow or pillow case - there are no pillows on the boat. If you bring a pillowcase, you can stuff a fleece inside and use it as a pillow - less to pack!
- o Pocket money - about £10 (bring some coins for the showers)
- o Swimming Kit - in case we stop by a swimming pool during your voyage

**Make sure that you pack your gear in a soft squashy bag (sports holdall or rucksack—without a metal frame round it), maximum of 80 litres.**

# IMPORTANT INFORMATION

## Phones:

Mobile phones should be left at home, and if brought will be collected in by the Skipper at the beginning of the voyage for safe keeping.

## Do not bring:

- o Alcohol – you will be put off the boat
- o Drugs – you will be in serious trouble and put off the boat
- o Electrical items, DVD players, games consoles, iPod etc.
- o Fizzy or energy drinks – boats and fizzy drinks don't mix – you will be sick!
- o Sweets, crisps etc. – we have plenty on the boat to share

## Do bring:

- o A sense of adventure and fun
- o An open mind

## Electrical Items:

There is nowhere to plug in hair straighteners, hair dryers, e-cigarettes etc.

## Medication:

Make sure you have enough to last the voyage. Medication should be clearly labelled with full details of what you take and when written on the booking form.

## Smoking:

If you are legally old enough to smoke, make sure you have enough cigarettes to last you for the voyage. You may not hit land for a week, and if you do, there may be no shops to buy extra supplies.

If you are not legally old enough to smoke, then don't bring cigarettes, as you won't be allowed to smoke on the boat.

## OYT Scotland's insurance does not cover damage to/loss of personal effects.

You may wish to take out your own insurance to cover personal items, or they may be covered under your home contents insurance.

**In an emergency you can contact our 24hr answering service on 07623 912 543 Just leave your name and number and our Duty Officer will call you back.**