



Cruising Course Clothing & Gear List

Foul Weather Gear -- Bibs and Jacket
Boots, waterproof shoes or sandals
1 or 2 pairs of wool socks
Wind Shell
Warm hat/Warm gloves
Long Underwear

Several appropriate warm layers (fleece or wool)
T-shirts
Shorts
Socks
Long sleeve shirt/long pants (for sun)
Bathing suit

Sun glasses/Sun screen/Sun hat
Sailing gloves (optional)
Deck shoes

Towel
Pillow case
Sleeping Bag or sheet and blanket
Seasickness prevention

Knife or Leatherman (optional)
Flashlight (a small personal light is very helpful)
Travel Mug (optional, good idea)
Binoculars/Bearing Compass/handheld GPS (optional)
Mellow CDs (optional)
Fishing Gear (optional)

Pack gear in plastic bags inside duffel bag