

# Boston Sailing Center

## CRUISING COURSE/CPM GEAR LIST

*Pack gear in plastic bags inside duffel bag*

### REQUIRED CLOTHING & GEAR

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  
Deck shoes

### PERSONAL ITEMS

Towel  
Pillow case  
Sleeping Bag or sheet and blanket  
Seasickness prevention  
Reading Glasses (essential for chart work)  
Flashlight or headlamp  
Toiletries/Medications

### OPTIONAL ITEMS

Sailing Gloves  
Knife or Leatherman  
Travel Mug (optional, good idea in cold weather)  
Binoculars/Bearing Compass/handheld GPS  
CDs  
Fishing Gear