

WHAT TO BRING TO YOUR SAILING SESSION



Sunscreen

All students must bring their own sun cream. We recommend factor 30+ or higher.



Water Bottle

Please bring a drink bottle..



Hat

A suitable hat is essential, preferably one that you don't mind losing. Wide brim hats are more suitable than caps. Packing a spare hat is a good idea.



Footwear

Its essential that all students have enclosed footwear such as; wet suit booties or old trainers. Thongs or sandals are not suitable.



Shirt & Shorts

A long sleeved shirt is a must to protect from the sun and also to prevent irritation from the life jacket. A pair of shorts are essential to protect the upper legs and can increase the life of a wet suit if worn on top.



Wetsuit

A wet suit is a good idea, especially if you get cold easily. The kids will most likely get wet during the sessions, regardless of the weather conditions.



Waterproof / Windproof Jacket

Depending on the weather conditions we recommend bringing a light weight windproof/waterproof jacket.



Towel & Dry Clothes

Packing a towel and some dry clothes is also recommended. We have changing rooms and showers where the kids can change before and after the session.



Life Jacket

We provide life jackets for all students. Students may have their own, however MHYC reserves the right to inspect it and/or require that they use an MHYC life jacket, if not deemed safe or suitable.

Lost Property

Items clearly labelled with student's name, will be gathered and held for collection at reception.

Questions?

If you have any further questions, please do not hesitate to contact the Youth Sailing Office.
Direct phone number is 02 8969 3116. Email: discoversailing@mhyc.com.au