CYC Youth Sail Program
What to Bring Every Day

- Closed-toe Shoes - sneakers, boat shoes or water shoes – they will get wet
- PFD (Personal floatation device) - comfortable vest type life jacket
- Sunscreen (SPF 30 or higher)
- Sunglasses (with strap!)
- Hat
- Swimsuit or light shorts
- Towel
- Change of clothes
- Sweatshirt or Jacket

**Lunch - all full-day sailors start each week with a $25 credit at the snack bar – or bring your own.**

- Plenty of drinking water (can be bought at the snack bar)
- Backpack or tote bag to keep your belongings together