



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*