

Cruising Course Personal Gear List

Must Bring Items (not optional)

- Swimsuit
- Towel
- Sun Hat
- Warm Hat *
- Sunglasses and Retainer
- Polypropylene Underwear Top *
- Medium-weight Insulation Layer
- Thick Fleece Layer *
- Long-sleeved Shirt (Sunshirt)
- Polypropylene Underwear Bottom *
- T-shirts
- Long Pants
- Shorts
- Cotton Underwear
- Rain Gear: Jacket and Pants
- Warm Gloves *
- Boat Shoes (non-marking, non-skid) **
- Socks *
- Sunscreen
- Toiletries:
 - Toothbrush, Paste, Floss
 - Comb / Hairbrush
 - Shampoo / Soap
 - Razor
 - Skin Lotion
 - Feminine Hygiene Items
 - Lip Balm
- Collapsible Duffel Bag to carry clothing
- Sailing Gloves
- Cash / Credit Card
- Headlamp or Small Flashlight
- Notebook
- Pen & Pencil
- ASA Logbook (if ASA course)
- ASA Textbook(s) (if ASA course)
- Snorkel Gear (Snorkel, Fins, Dive Mask)
- 1-Liter Water Bottle with Screw Lid
(e.g. Nalgene with Large Opening)

* Optional for warm weather courses

** No dark soles, street shoes, tennis or running shoes on the boat. Barefoot is permissible.

Optional Items

- Foul Weather Deck Boots
- Sandals or Flip-flops
- Personal Flotation Device (PFD)
- Belt
- Rx Eyeglasses
- Personal OTC or Rx Medicines
- Music: CDs/iPod
- Camera / Film
- Spare Batteries
- Book / Magazine
- Earplugs
- Energy bars
- Watch
- Pillow
- Sailing Gloves
- Knife or Multi-tool
- Calculator

DO NOT BRING

- Regular Suitcases
- Rollable Suitcases
- Frame-type Backpacks
- Coolers
- First Aid Supplies
- Firearms
- Illegal Drugs

***Most participants bring too much gear.
PACK LIGHT!***