



What to Wear for a Dinghy Course

Sailing clothing needs to keep you warm. Keeping dry is less important. Although if you continue to sail you will want to buy purpose designed sailing clothing this can be expensive and is not necessary to begin with.

- **Head** - A hat is essential. Baseball cap or woolly hat. You can lose a lot of body heat through your head.
- **Sunburn** - Protect any skin that is not covered with sun cream/lotion.
- **Upper body** - Wear thin layers. Thermal vest if you have one, shirt, sweatshirt, pullover. Increasing the number of layers keeps you warm and allows you to move around. Bulky clothing restricts mobility and should be avoided.
- **Lower body** - Warm trousers e.g. cords, track suit bottoms. No jeans please.
- **Hands** - Not essential, but an old pair of thin gloves if the weather is cold or just to protect your hands. Sailing gloves are the next step.
- **Feet** - Old trainers with socks or thermal socks. Your feet will get wet. Please do not wear wellingtons or hard sole shoes. Wellingtons fill up and hard shoes can damage the boats. Dinghy boots or wetboots are the next step.
- **Waterproofs** - If you have a waterproof cagoule or trousers please bring them. The club has a limited supply of spray tops, which we can lend you.
- **Glasses** - If you need to wear glasses or sunglasses whilst sailing we strongly advise that you use a length of cord, possibly elastic, to keep them on and/or secure them to your clothing. They can very easily get knocked off and lost overboard
- **Bouyancy Aids** - The club will supply you with a buoyancy aid which must be worn at all times on the water.
- **Wetsuits** - If you have or can borrow a 3mm or 4 mm sailing/surfing wetsuit then it is sensible to wear it. (Diving wetsuits are too thick and restrict movement too much). The club does not provide them. You should still bring warm clothing to wear over the top as wetsuits only stay warm whilst you are moving around.
- **Drysuits** - The ultimate stay warm and dry sailing gear. If you happen to have one then bring it, with warm clothing to go underneath and boots/trainers to go over the feet.
- **Change of Clothes** - We will do our very best not to capsize you when you first start sailing but if it's windy you can get wet just from spray. Make sure you have a complete change of clothes.
- **Towel** - Don't forget it ! We have hot showers

