

# Sailing for a week in Scotland Checklist

	Item	Quantity	Tick when packed
<b>Protection Layer</b>	Warm Waterproof Hat	1	<input type="checkbox"/>
	Fleece Neck Scarf / Snood	1	<input type="checkbox"/>
	Offshore std. Sailing Coat ***	1	<input type="checkbox"/>
	Offshore std. Hi-Fits ***	1	<input type="checkbox"/>
	Sailing Boots	1	<input type="checkbox"/>
	Waterproof gloves	1	<input type="checkbox"/>
	Sunglasses (on cord)	1	<input type="checkbox"/>
	Ski Goggles	optional	<input type="checkbox"/>
<b>Warmth Layer</b>	Mid Layer - bottoms	1	<input type="checkbox"/>
	Mid Layer - top	1	<input type="checkbox"/>
	Polo shirts	3	<input type="checkbox"/>
<b>Comfort Layer</b>	Long sleeve vests	2	<input type="checkbox"/>
	Long Johns	2	<input type="checkbox"/>
	Boot socks	5	<input type="checkbox"/>
	Light Socks	3	<input type="checkbox"/>
	Underwear	3	<input type="checkbox"/>
<b>Other Clothing</b>	Light sailing gloves/deck gloves	1	<input type="checkbox"/>
	Shorts	opt	<input type="checkbox"/>
	Swimming trunks	opt	<input type="checkbox"/>
	T shirts	opt	<input type="checkbox"/>
	Fleece Hat	1	<input type="checkbox"/>
	Lightweight cap	1	<input type="checkbox"/>
	Deck Shoes/Trainers	1	<input type="checkbox"/>
	Clean lightweight clothing	1	<input type="checkbox"/>
<b>Other Items</b>	Sleeping Bag***	1	<input type="checkbox"/>
	Sleeping Bag Liner	opt	<input type="checkbox"/>
	Towels ***	2	<input type="checkbox"/>
	Pillow ***	opt	<input type="checkbox"/>
<b>Safety Kit</b>	Lifejacket *****	opt	<input type="checkbox"/>
	Safety Harness and tether *****	opt	<input type="checkbox"/>
	Sailing Knife	1	<input type="checkbox"/>
	Headtorch with red bulb	opt	<input type="checkbox"/>
	Mini Maglite	opt	<input type="checkbox"/>
	Spare Batteries	opt	<input type="checkbox"/>
<b>Personal/</b>	Soap/Washing gel/ Wet Ones	1	<input type="checkbox"/>

<b>Medical</b>	Shaving Gel	1	<input type="checkbox"/>
	Razor	1	<input type="checkbox"/>
	Makeup in case we go ashore!!!	1	<input type="checkbox"/>
	Sanitary wear/protection	1	<input type="checkbox"/>
	Antiperspirant	1	<input type="checkbox"/>
	Toothbrush and paste	1	<input type="checkbox"/>
	Small scissors	opt	<input type="checkbox"/>
	Nail clippers/file	opt	<input type="checkbox"/>
	Specs / contact lenses and solution	1	<input type="checkbox"/>
	Sea sickness tablets	opt	<input type="checkbox"/>
	Sea sickness wristbands	opt	<input type="checkbox"/>
	Sun Cream	opt	<input type="checkbox"/>
	Sun Block	opt	<input type="checkbox"/>
	Lip salve/moisturiser/block	1	<input type="checkbox"/>
	Any Personal Medication	1	<input type="checkbox"/>
	Skin Moisturiser/handcream	opt	<input type="checkbox"/>
	Waterproof watch	1	<input type="checkbox"/>
	Emergency rations (Chocolate)	opt	<input type="checkbox"/>
	RYA G15	opt	<input type="checkbox"/>
	Plastic bags	3	<input type="checkbox"/>
Cash and Credit Cards		<input type="checkbox"/>	
Soft Holdall	1	<input type="checkbox"/>	
Bum Bag' for odds and ends	1	<input type="checkbox"/>	

Items marked \*\*\* are available for hire from Alba Sailing  
 Items marked \*\*\*\*\* are already on the boat but  
 you may prefer to wear your own.

Please - NO SUITCASES ESPECIALLY HARD BODIED  
 ONES - Soft bags only please and keep it to a minimum.