

Sailing for a week in Scotland Checklist

| | Item | Quantity | Tick when packed |
|--------------------------|----------------------------------|----------|--------------------------|
| Protection Layer | 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"/> |
| Warmth Layer | Mid layer - bottoms | 1 | <input type="checkbox"/> |
| | Mid layer - top | 1 | <input type="checkbox"/> |
| | Polo shirts | 3 | <input type="checkbox"/> |
| Comfort Layer | 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"/> |
| Other Clothing | 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"/> |
| Other Items | Sleeping bag*** | 1 | <input type="checkbox"/> |
| | Sleeping bag Liner | opt | <input type="checkbox"/> |
| | Towels *** | 2 | <input type="checkbox"/> |
| | Pillow *** | opt | <input type="checkbox"/> |
| Safety Kit | 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"/> |
| Personal/ Medical | Soap/washing gel/ Wet Ones | 1 | <input type="checkbox"/> |
| | Shaving gel | 1 | <input type="checkbox"/> |
| | Razor | 1 | <input type="checkbox"/> |
| | Makeup in case we go ashore!!! | 1 | <input type="checkbox"/> |

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|-------------------------------------|-----|--------------------------|
| 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.