

ALBA SAILING CHECKLIST FOR A WEEK IN SCOTLAND

SAILING IN SCOTLAND

	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"/>
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 sale or 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.