



## SAILING EQUIPMENT FOR YOUR CHILD

Welcome to the Midland Bay Sailing School. There isn't much equipment required that is specific to Sailing, but we do require a few items. Some you will already own, others you may need to purchase.

### Lifejacket

A brightly coloured Canadian Coast Guard approved lifejacket or PFD. Available at MEC, Canadian Tire, SAIL. The size should be appropriate to your child's weight. Inflatable jackets are not permitted.



### Hat

A baseball style hat or full brimmed hat with a retaining string (they do blow off!)



### Water Shoes

Water shoes, neoprene boots, surfwalkers, aquamocs (they go by many different names) give a good grip while sailing and protect your toes from bumps and scrapes. Bare feet are not permitted while sailing, nor on land. Several styles of water shoes are available. You may use running shoes if you wish. Available at MEC, Canadian Tire, SAIL and Walmart



## Land Shoes

On land closed-toed shoes are required. You may wear your water shoes if you wish, or running shoes or any other closed-toed shoes. Flip-flops and crocs are not permitted as they do not protect your toes and are not good for any running games.



## Sunglasses

Any style is acceptable to protect your eyes from the sun. Depending on the fit of your glasses a retaining strap is recommended.

## Bathing Suit and Towel

Any bathing suit, including shorts, is acceptable.

## Extra Clothing

A light Jacket, and spare pants, socks, underwear, shirt, and warm top.

## Sunscreen

Instructors will insist on sunscreen application to prevent over exposure to the sun's rays.

## Lunch Bag

Pack a nutritious lunch for your young sailor.

## Water bottle

It is important to keep hydrated during the day.

## Backpack

Bring it all in a backpack so nothing gets misplaced.

