

The following is a basic list of items you may wish to pack for you liveboard course. This list is based on a five day liveboard course. If you are heading out on one of our longer trips you will need to adjust appropriately.

Clothing

- Underwear: 1 change per day
- T-Shirt: 3 (ideally not cotton, quick dry fabric is preferred)
- Long-sleeve shirt: 1
- Pants: 2 (in the summer 1 pair of long pants and 1 pair of shorts)
- Sweat pants or other comfortable pants for evenings: optional
- Light fleece or warm sweater
- Rain jacket & rain pants

Footwear

- Deck shoes (runners with non-marking soles)
- Shore shoes (sandals, flip flops)
- Boots (depending on weather forecast)

Sun Protection

- Hat (consider buying a clip so the that does not blow over board, a safety needle with a piece of string works well)
- sunglasses
- sun lotion

For Colder Days

- long sleeve next to skin shirt: Merino wool is the best, but synthetic fabric works too
- Second fleece
- Rubber boots. Consider buying foot-warmers to put into the boots
- Warm hat that covers your ears.
- Gloves (consider full finger sailing gloves)
- Merino wool socks or regular wool socks
- Most of these items are available at any outdoor store or the stores mentioned above.

Sleeping bag, pillow & towel

- Please bring your own sleeping bag, pillow & towel.

Personal Medication & Toiletry

- Toiletries and any personal medication you may need including seasickness medication.