

Sailing Camp: What to bring?

We are looking forward to having fun filled week of sailing at HYC. Here are a few reminders and information to have prior to the camp...

Required at Checkin: Waiver Paperwork

A. Sailing Gear:

- a. **Lifejacket** & attached **safety whistle** are the most important items! Please make sure the jacket fits properly.
- b. **Sunscreen!** Please coat campers prior to roll call! Sun shirts/rash guards are a great idea to protect from the sun! Also bring a hat to protect from sunburn.
- c. **Water shoes** – shoes that are designed to stay ON while swimming. Shoes will need to be worn all the time. Please break them in before camp to avoid blisters. Flip flops will not suffice!
- d. **Water bottle** – bring your own bottle. We do not provide bottled water at camp, but we do have a water fountain.
- e. **LABEL** everything with your initials.

PARENTS: INSTRUCT YOUR SAILORS PRIOR TO JUNIOR WEEK ON THE IMPORTANCE OF CONSUMING WATER CONSTANTLY TO AVOID DEHYDRATION.

B. Appropriate Clothes:

- a. Remember to bring extra set of clothes as you will be swimming most everyday.
- b. Towel.
- c. LABEL everything with your initials or name.
- d. Sailing gloves are helpful, but not required.

C. Miscellaneous:

- a. Cell phones & electronic devices and water do not mix. In the past years, several kids have taken phones out sailing and they have been lost or suffered water damage. The program will not be responsible for any device should you choose to allow them to be brought to camp.
- b. Snacks are not provided.

Most important LABEL everything...