

# What to Bring to Junior Day Camp:

We are looking forward to having fun filled week of sailing at LLSC. Here are a few reminders and information to have prior to Reminders of what to bring....

## Required at Checkin: PHOTO COPY OF BACK AND FRONT INSURANCE CARD.

### 1. Gear:

- a. Lifejacket that fits is the most important item! Go to your local West Marine or REI or marine store early as they don't carry a large assortment of sizes for youth.
  - i. Safety whistle should be attached to your lifejacket.
- b. Sunscreen! We will have some but come prepared with one coat already on!
- 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 or make sure they are comfortable. We had lots of blisters last year! Please no flip flops - they don't stay on in the boat and float away.
- d. Sun shirts/rash guards are a great idea to protect from the sun!
- e. Water bottle – label and bring own bottle to take on the boats with you. **WATER MUST ACTIVELY BE CONSUMED DURING THE DAY**, and sailors should be instructed by their parents beforehand on the importance of constant rehydration.
- f. LABEL everything with your name.

### 2. Clothes:

- a. Bring a change of clothes in case you get wet or go swimming.
- b. Towel
- c. If forecast is for rain – bring a jacket or rain gear as we will still sail as long as no thunderstorms in forecast.
- d. Sailing gloves are helpful but not necessary (West Marine).

3. **Lunch – bring your own.** Cooler/refrigerator provided for storage, drinks provided and afternoon snack.

Come prepared for a fun week of sailing with your friends! Please meet at the Clubhouse. If you need directions please let me know prior to that week. If you are in the Optimist class, please ensure all your parts and boat equipment is labeled and ready to SAIL PRIOR TO CAMP!

**Most important LABEL everything...**