

# What to Wear and Bring

## REQUIRED:

- Type III PFD - Short in the waist, light and flexible and preferably in a high visibility color.
- Whistle – Must be attached to life jacket.
- Wetsuit - Lake Whatcom is very cold all year round. Some days, we will require that wetsuits be worn to go sailing.
- Appropriate attire/gear for conditions – If you do not come prepared for the weather conditions, you will not be allowed to go sailing. For example, a person wearing jeans, sweatshirt, no gloves, and barefoot will not be allowed to sail.

## RECOMMENDED:

- Water – You will be working hard, so a water bottle is nice to keep you hydrated.
- Change of Clothes – You will get wet, so something to change into after practice is nice.
- Hat – Keeps your head warm on cold days.
- Sunglasses – Protects your eyes from the sun glare off the water.
- Sun screen - The sun reflecting off the water will give you a sun burn very quickly.
- Base layers- rash guards and fleece layers. No cotton or jeans-when they get wet, they stay wet (and heavy, and cold)
- Bibs and smock- water-proof or, at least, water resistant outer layers.
- Gloves- sailing gloves or gardening gloves work. Something with grip in the palm that also allows you to use your thumb and forefinger. (if you get gardening gloves, you might want to cut off the tip on the thumb and forefinger)
- Boots- neoprene boots are helpful. Your feet will be wet, so sandals/tennis shoes will be cold.
- Watch – A waterproof watch is a good thing to have for timing the start of the race.

## The Racing Rules of Sailing 2009-2012

Learning the racing rules of sailing is essential. Having a book is very helpful. You can get a basic rule book through [www.ussailing.org](http://www.ussailing.org). You can also get a book that explains the rules with pictures and simplified wording. This version is often more helpful, especially when learning the rules.

West Marine  
3560 Meridian St.  
[www.westmarine.com](http://www.westmarine.com)

WestCoast Sailing  
[www.westcoastsailing.net](http://www.westcoastsailing.net)

Costco  
Costco has base layers and occasionally water-proof outer layers

Brands to search: Gill, Ronstan, Henri Lloyd, Musto

Searching for these brands will lead you to a variety of sites that you can order gear from.