



Sail YSL

Rediscover life in the slow lane

Information for dinghy sailing

It may be stating the obvious but dinghy sailing gets you very close to the elements and requires you to be able to move freely. Also bear in mind that water reflects the sun very strongly so the risk of sunburn is much higher, especially as the wind usually makes the temperature feel lower than it is. Some essentials that you will need to bring are:

- Footwear that you don't mind getting wet. Shoes should ideally have non-slip, non-marking soles (no black soles please)
- Good sunglasses (essential)
- Hat (essential). A wide-brimmed hat or baseball cap is ideal.
- Good sun cream (essential). Minimum SF20; 30 or 50 is better.
- Comfortable clothing that you don't mind getting wet
 - Trekking trousers or shorts are ideal (jeans are not)
 - T-shirt or long-sleeved top
 - Jumper or fleece (we can stow this in our storage box)
 - Waterproof jacket
- Street shoes to change into
- Towel
- Fingerless gloves, if you feel you need them. Cycling or sailing gloves are ideal.
- Something to eat and drink if we are on a longer session

Lifejackets/buoyancy aids are provided for those that need them.

The Wayfarer is one of the most stable dinghies available and unless we are specifically intending to practise a drill, the chances of capsizing are very low. However, we will be launching and hauling the boat and we will be on the water in the open air so it always pays to be prepared to get wet.

You can leave bags etc. in our premises while we are out on the water.

Please let us know in advance if you have any medical conditions or if you can't swim. This information will, of course, be treated in strict confidence.