

# STC Courageous - Day Sailing Checklist

## Abstract

Below is a checklist of items to bring for day-sailing. While these items are just suggestions, keep in mind they are all on the list for a reason! It is always best to be over-prepared. There is space on the *Courageous* for storage if you bring a lot of gear. Do not count on others to bring these items for you.

Updated by MIDN 2/C Ginelli

## Outline

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## Introduction

This list is for basic day-sailing. Please see the overnight checklist if sailing for more than one afternoon.

## 1. Basics

- Food and Drink
- Money (if going to land somewhere for lunch)
- Appropriate clothing
- Personal Equipment / Gear
  - Prevention gear
- Camera - Record your sailing adventures

## 2. Food and Drink

While rewarding and a lot of fun, sailing can be a lot of work. It is easy to get distracted from the necessities (water, food, etc) while sailing. Being out in the sun all day saps energy and can dehydrate you, so be prepared!

- **Water** I will not have anyone dehydrated on my ship!
- Snacks
  - You will get hungry. I suggest bringing small snack items that are portable and not messy anytime we are underway.

## 3. Appropriate Clothing

The bay's weather changes more times than a 4/C on drill day. You'll want to bring layers of clothing.

- Sunglasses (It's bright out there, folks) or a hat
- Layers of clothes
  - \* Wear clothes you won't mind getting wet
- Appropriate shoes

## 4. Personal Equipment

Anything fancy that you want to bring.

- Pocket Knife / Marlin's Spike
- Sailing gloves (there are limited pairs onboard)

### 4.1 Prevention Gear

- **Sunscreen** (SPF 30+)
- Chapstick
- Benadryl (if you get motion sickness)