

Recommended Equipment for Crew

Essential Equipment

Sailing gloves

Shoes: Non-marking, non-skid that can get wet

Sun hat with visor (baseball is OK, more protection if you want it)

Sunscreen

Lip Balm with sunscreen

Sunglasses

Personal Floatation Device (aka PFD)

- Boats are required to carry one for each crewperson; having your own is much more comfortable

Folding knife on a lanyard

Watch (with countdown timer and stopwatch)

Clothing appropriate for the day's weather

- If it's raining and windy you'll want water-resistant pants and jacket (aka "foulies") and waterproof boots and polypro socks make for a more comfortable day

Sailing Instructions – (aka "SI's") Available from the race's organizing authority

Chart of local marks (these can be put into your GPS)

A waterproof bag (e.g. small gym bag) to put it all in

Optional Equipment

Knee protection (depends on the boat and your crew position)

Multi-tool

GPS (You can use an app on your phone, but remember it might get really wet)

Beverages (Skippers and crew appreciate the thought!)

Bottle of water

Energy bar

Study the Sport

Racing Rules of Sailing 2013-2016

Read up on how sailboats work, their parts and terminology. There's lots online, check boat builders and sail makers, schools

Seamanship: *Chapman's Piloting, 67th Edition* – after 67 editions it offers more than you want to know, but someday you'll use it