



## ARE YOU PREPARED FOR YOUR SAILING EXPERIENCE?

### 2017 West Hawk Lake Yacht Club Learn to Sail

The following is a list of clothing suitable for most weather conditions when sailing.

Remember weather conditions can change quickly so it is always better to have too much rather than not enough.

#### **Necessities: (There is a very good chance that these will get wet!)**

- One pair of closed toe shoes that can get wet. (Runners or water shoes are great)
- Bathing suit, shorts and t-shirt
- Long pants and long sleeve shirt (**No jeans please**)
- Sweater
- Rain gear

#### **Extra Things**

- Extra change of clothes
- Change of shoes to wear home
- Mosquito repellent
- WATER BOTTLE
- Sunscreen, hat, sunglasses
- Lunch and/or snacks

#### **Other Interesting Information...**

- All participants must wear a lifejacket. If you have your own please make sure your name is on it. If you don't own a lifejacket please check with the yacht club.
- All participants must fill out a Medical Information Sheet and Waiver, which must be signed by a parent or guardian for those under 18 before they can participate in our programs. The forms must be returned to the instructor before the start of the classes.
- If you are concerned about bumping your head while sailing please feel free to bring a helmet.
- If you have any questions please do not hesitate to contact Paul Krestanowich 204-349-2072 lake, 204-479-7100, Tom Saunders 204-349-3100 lake or the Sail Manitoba office at 204-925-5650

[www.whlyc.ca](http://www.whlyc.ca)