

## Youth Sailing Field Trip Packing List

In addition to the usual items that your child would take on a 7-day trip, here are some items that are specific to sailing in the coastal waters of Maine:

1. Life jacket that is Coast Guard approved, fitted to your child, and comfortable enough to wear all day.
2. Seven days' worth of clothes that dry quickly. The weather is much like being on Lake Winnepesaukee. Temperatures range between 60s and 90s. Light weight layers work best. We strongly advise packing at least one pair of light weight long pants, preferably of made of nylon or some other fast-drying material. These are necessary for trips ashore when we may be hiking through areas that have ticks and mosquitos.
3. .Waterproof shell.
4. Sun protection – a hat and sunblock.
5. Footwear suitable to walking and hiking. Some of the hikes include climbing on granite ledges. (We may visit Acadia National Park.)
6. Footwear suitable to be worn in the water. Flip flops are OK. Sometimes to get ashore we have to cross gravel beaches, mud flats, or seaweed beds that are tough on bare feet.
7. Bathing suit. In some arears the water temperature is comfortable for swimming.
8. Sleeping bag
9. A soft duffle in which to pack your gear. No suitcases please! There is no storage space for them.

Things your child does not need to bring:

- Special boat shoes – we go barefoot on board.
- Sheets, towels, pillow, soap. We will supply pillows, pillow cases and soap.
- Food.
- Cash.