

Clothes for Sailability sailing activities

Sailability activities happen outside and weather conditions can change quickly. It is usually colder on the water and when exposed to wind than on land. It also gets cold quickly in the evening. You may also get wet from splashes and waves as well as rain.

Layers - It is strongly recommended that layered clothing is used for all Sailability activities at all times of year. For most Sailability sessions where you are doing a short sail during the day, these can be the same as you would use for any outdoor activity, they do not need to be special sailing clothes.

Clothing layers should include:

Base layer – Regular underwear, socks, shirt and trousers are fine. Quick drying fabrics are better than jeans or other cotton fabrics that stay wet and get cold.

Mid layer - A fleece jumper and/or jacket.

Waterproof shell – For short day-sails a light waterproof jacket and waterproof trousers are adequate. Waterproof trousers should be put on before sailing as they are difficult to put on while sailing. For those who go to sea, such as for club races, high waisted waterproof sailing trousers and a sailing jacket are recommended.

Shoes with a non-marking sole should be worn. These could be trainers, wellies or wet-shoes. Open toed sandals should not be worn to avoid injury to toes. Leather shoes and walking boots are not recommended as they are likely to get wet and may weigh you down if you fall in the water.

Hats – we lose a lot of heat through our head. A fleece or wool hat is useful, particularly at the beginning of the sailing season. A hat with a brim is helpful at sunny times of year.

Gloves - It is easy to get cold hands while sailing particularly early in the season when the water is cold. A pair of sailing gloves are recommended which also help protect your hands while handling ropes.

Sun protection – It is possible to get sun-burned even on a cloudy day while sailing. A hat and long-sleeved shirt and trousers are recommended as well as frequent application of a high factor sun cream. Sunglasses are also needed for sailing on sunny days.

Buoyancy – A buoyancy aid or life-jacket **must** be worn at all times while sailing or around the water (eg on the pontoon). A buoyancy-aid is normally the best option for Sailability sessions, but some people may choose to use an automatic inflating life-jacket at sea.

Spare clothes – Bring a spare set of clothes so you can change into something dry if you do get wet. Spare clothes should include a fleece jumper/jacket as you are likely to be cold if you have gone in the water.

Other than a buoyancy-aid/life-jacket, the clothing you choose to wear is a personal preference and different people will have different levels of clothing needs in the same conditions. However it is at the discretion of the OoD and the skipper of the boat that you are sailing on to determine whether the clothes that you are wearing are safe for sailing in the conditions expected. If they determine that your clothing is not safe you will not be able to go sailing.