

5 Kingdoms Sailing – Information for Crew

This is a brief guide of what you will need to bring with you for sailing with us. If you feel we have missed anything please let us know - crew_bureau@5ksc.org.uk

What we provide

- We will provide you with a Lifejacket and Safety harness. If you require a lifejacket outside of the normal range of sizes, please provide your own.

What you need to Bring

Medication – Please bring any medication you may need.

Sleeping Bag – For overnight cruising and Training you will need a warm sleeping bag and any additional bedding you require.

Clothes

What you will need to wear depends very much on the weather but you will always feel much colder sailing than you would on the land.

Bring warm clothes – woolly or fleecy hat, fleece or jumper, warm trousers, warm socks. Several layers of thin clothes are warmer than one or two layers of thick clothes and it is always better to have a few unused layers in your bag than feel cold.

Waterproofs

5KSC can provide waterproof salopettes and jacket with hood by arrangement but cannot guarantee a good fit . We suggest you bring your own waterproofs if you have them. If not please check with us that we have spare waterproofs before you sail with us.

Footwear

You should bring shoes for good weather and boots for cold, windy, or wet weather. A good grip (as provided by true sailing gear) is essential for work out of the cockpit. If you do not have deck shoes or sailing boots, trainers or wellingtons with non-marking soles are often OK for day sails but may not be adequate for out-of-the-cockpit work that may be essential to completion of training courses.

Other things to bring

- Towel and Toiletries
- Gloves to protect soft office hands – gardening gloves are adequate and much cheaper than sailing gloves.
- Sun cream, sun hat, sun glasses – you will burn more quickly with glare from the sea.
- A change of clothes (should you get wet)
- Shorts, etc. as you wish
- Sea sickness pills

For RYA Training – You should bring proof of pre-requisite Certificates and qualifications required.
