



CBYC Youth Sailor's checklist

Personal Flotation Device (life jacket) which is Ministry of Transportation approved, and fits properly

Quick Drying Shoes to sail in—not sandals—they don't protect your toes. Non-marking water shoes or canvas runners are good choices.

Bathing suit & Towel

Waterproof jacket

At least one **change of clothing**. Having **both** a change of warm clothes (long pants and long-sleeved shirt) as well as a change of shorts and t-shirt should cover all weather conditions

Waterproof sunscreen that filters UVA & UVB rays—look for The Canadian Dermatological Association logo

Lunch, snacks & 1 litre of extra water everyday

Eyes get burned too—we recommend that you look into **sunglasses** with UV-filtering lenses and a **sunglasses strap** — yes they do sink! **A hat**, with a strap if possible, they do blow away.

Your best smile!!

See you out on the water...

Sailing School Spirit Activities...

Wacky Wednesdays —for everyone to “kick back and get into the spirit” of summer fun at sailing school. Your instructors will tell you a theme for the day—have some fun with it & get in the spirit at CBYC.

Final Friday BBQ —on the last Friday of each session we treat you to a simple BBQ lunch. You are invited to bring a snack for all to share. If your snack feeds 7 to 8 people that would be great—there can be up to 32 to feed including **all** students, staff and volunteers. (Instructors will tell you of any allergy concerns.)