

What to Wear and Bring

Your sailing experience will be much more enjoyable and comfortable if you are prepared with the appropriate clothing.

- We sail **rain or shine**, so dress for the weather.
- Bring a small backpack for your belongings.
- **Recommended clothing:**
 - **SPRING SAILING TIPS: In May the water is still very cold. This makes it feel cooler out on the water than you may think. Dress in layers with a good windproof jacket & pants, a hat and gloves are recommended.**
 - **FALL SAILING TIPS: In fall, the water is still warm but the air can feel cool. This makes it feel cooler out on the water than you may think. Dress in layers with a good windproof jacket & pants, a hat and gloves are recommended.**
 - **Base Layer:** T-shirt and shorts for warm days; long pants and long-sleeve athletic shirts for cooler/windier days (avoid cotton, jeans or sweatpants as they will be uncomfortable if they get wet).
 - **Mid Layer:** Sweater or insulating jacket on cool/windy days.
 - **Outer Layer:** Waterproof/windproof jacket and pants.
 - **Head:** Sunhat, sunglasses, and sunscreen for sunny days; toque for colder days or sailing in the spring.
 - **Feet:** Closed-toe, non-marking shoes you don't mind getting wet (wool socks are great if it's cool).
 - **Hands:** Optional gloves for grip (simple gardening gloves work well, or specialized sailing gloves available at The Chandlery or MEC).
 - **Tip:** Pack extra clothes to change into at lunch or at the end of the day if you get wet.

Weather Resources:

Check these sites before class to dress appropriately:

- [The Weather Network - Ottawa](#)
- [Britannia Yacht Club Weather](#)
- [Nepean Sailing Club Weather resources](#)

Life Jackets (PFDs)

- **Mandatory** while on the water.
- We provide Canadian-approved PFDs in sizes S–XL (chest sizes 34" to 45"), but you're welcome to bring your own—especially if you require a size outside this range