



Ship 1610 Personal Equipment Guide






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Legend

	Caution Tip The exclamation denotes caution. Experience has shown over and over that some things do not change. Pay attention to these. Enough said.
	Recommended Product The UPC symbol denotes brands items that stand out from the rest. Sometimes one brand or make of an item has proven to be superior. Choose alternate items with caution.
	Not Recommended Thumbs down indicates that an item is so bad that it should be avoided. Be very careful in selecting these items.
	On Target Tip The target indicates a little tidbit of information that might be helpful. Use the ones that you like and ignore the rest.
	Money Saving Tip The dollar sign suggests ideas that can help keep the cost down, especially if you are not really sure backpacking is for you.

This equipment guide is provided to members to assist them in making gear selections as they prepare for the cruising and sailing season with Ship 1610.

Checklists

10 Essentials

Bring these items every time you go sailing: races, day trips, overnight cruises, and long cruises. Pack it all into a small sea bag or soft backpack.

- ☐ Light soled shoes – no dark colored soles please!
- ☐ Layered clothing
- ☐ Foul weather gear for those rainy days
- ☐ Hat & sunscreen
- ☐ Sunglasses (with a cord)
- ☐ Sailing gloves
- ☐ Water bottle
- ☐ Lunch/snack
- ☐ Flashlight (small one is good enough)
- ☐ Personal first aid kit (save the boat's supplies for an emergency)

Optional

- ☐ Lifejacket – we have them for everyone, but if you have a comfy one, certainly bring it along
- ☐ Camera (water resistant)
- ☐ Something to read

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Weekend Trip Checklist

Overnight camping on a sailboat presents the challenge of where to sleep. Sleeping topside is possible when the weather permits, but there may be sleeping on the deck without any padding. During the spring and fall, your pajamas should be warm because the nights might be chilly.

- ☐ 10 Essentials
- ☐ Sea bag (everything fits into a 12"x12"x24" bag)
- ☐ Sleeping gear
 - ☐ Fleece blanket or lightweight sleeping bag
 - ☐ Pillow case
 - ☐ Pajamas or other sleeping clothes
- ☐ Swimsuit (modest design)
- ☐ Towel
- ☐ Shorts & t-shirts
- ☐ Underwear
- ☐ Hygiene kit

Long Cruise Checklist

Sailing for a week straight is similar to a weekend trip, but you should pack enough clothes to wear one set and wash another. Bring a spare swim suit and a spare pair of sunglasses. Expect to use about 4 ounces of sun screen each day.

- ☐ Weekend Trip Checklist (including 10 Essentials)
- ☐ Long pants and long sleeved shirt

The Ditty Bag

Most adventurers carry a small rugged and waterproof bag of stuff with which they can respond to any personal need or potential emergency. This list is just a few suggestions.

- | | |
|---|--|
| <input type="checkbox"/> Nail clippers with nail file | <input type="checkbox"/> Space blanket |
| <input type="checkbox"/> Eyeglass repair kit | <input type="checkbox"/> Waterproof matches and fire starter |
| <input type="checkbox"/> Spare eyeglasses | <input type="checkbox"/> Gorilla tape (20 ft) |
| <input type="checkbox"/> Sharpening stone | <input type="checkbox"/> Pocket knife with marlinspike |
| <input type="checkbox"/> Sewing kit | <input type="checkbox"/> Safety pins (various sizes) |
| <input type="checkbox"/> Spare batteries | <input type="checkbox"/> 1/8" Nylon line (10 ft) |
| <input type="checkbox"/> Spare bulbs | <input type="checkbox"/> Carabiners (1-2" and 1-3") |
| <input type="checkbox"/> Whistle | <input type="checkbox"/> Clothes pins |

The Personal First aid Kit

- ☐ Band aids (various sizes, 10 strips)
- ☐ Antibiotic cream (e.g., Neosporin, Polysporin; 1 ounce tube)
- ☐ Seasickness medication (e.g., Bonine, Dramamine; 4 pills)
- ☐ Pain medication (e.g., Tylenol, Ibuprofen; 10 pills)
- ☐ Prescription medications (bring enough for trip, in original packaging)
- ☐ Talc powder (e.g., Gold Bond)

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Deck Shoes

Proper deck shoes are essential for personnel safety and to minimize work. Good deck shoes will have a non-skid tread and a sole that leaves no marks on deck.

Deck shoes are often on sale for prices less than \$35, so keep an eye out for a sale.

Bring a pair of socks to wear with your shoes to protect your feet when the crew decides to take a walk.



Any shoe with a black, grey, or dark colored sole is unacceptable for wear aboard a boat. They always leave marks that are difficult to remove.

Flip-flops are not acceptable as deck shoes because they are not safe. Use your flip flops in the shower.

Sea Bag

Everything must fit into your sea bag. Your sea bag must be 12" x 12" x 24" or smaller. When you are not using something, put it away into your sea bag. A carry-on bag with side pockets is good because you can get use and re-stow the stuff you use often.

Fleece Blanket

Get a light weight fleece blanket for your bedroll. The night time temperatures rarely drop below 70F and are usually 80F inside the cabin. Fleece blankets tolerate the moist environment well and can be easily washed at a Laundromat.



Make sure to have a stuff-sack for your blanket. Your blanket needs to be smaller than 12" x 12" x 12". You could use your pillowcase to stow your blanket.

Pillow Case

Save space and use a pillow *case* instead of a pillow. When you prepare your bunk, fill the pillow case with your jacket and extra clothes.



Therm-a-rest fleece-lined stuff sack works very well. It is big enough to stow your fleece blanket and reverses into a soft pillowcase when needed. It has a drawstring that is useful for keeping things inside.

Towel



Micro-fiber camp towels are quite good. They absorb a lot of water, dry very quickly, and store very compactly. They also usually come with a loop, which if tied to the clothesline will help keep it from flying away in a stiff breeze.

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Sun Block

Bring enough SPF 30 sun block to last for the entire trip. Pick a block with both UVA (“aging” rays) and UVB (“sunburn” rays) protection. Both types of exposure can cause cancer.

Also bring SPF 30 lip balm too.



A whole \$9 tube is not needed. The small 4 oz. travel size is adequate for a weekend trip. Be sure to replace or refill it before each trip.



The difference in protection between an SPF 100, SPF 50, and SPF 30 is small. Far from offering double the blockage, SPF 100 blocks 99 percent of UVB rays, while SPF 50 blocks 98 percent. SPF 30, blocks 96.7 percent.

Sun Glasses

Sunglasses with protective coatings will save your sight and prevent headaches.

Low Cost. Don’t waste money on stylish frames. Sunglasses are often damaged or lost on boating trips.

UV protection. Choose sunglasses with coatings that block 99 to 100 percent of both UVA and UVB rays. Opt for larger lenses rather than smaller lenses — or, better yet, the wraparound variety.

Polarized lenses. Polarized lenses reduce glare, makes seeing through the water easier.

Blue-blocking lenses. Blue-blocking lenses — which are generally tinted amber — can make distant objects easier to see.



Use a lanyard to keep your glasses and sun glasses from falling off your head and into the murky depths, never to be seen again.

Swim Suits



Boys should invest in surfer or boxer trunks with a mesh brief and drawstring at the waist. Avoid elastic-only waistbands and tight fitting briefs.



Girls should invest in one-piece swim suits of a modest style. At some events your bikini, tankini, and high-cut suits will be forbidden and you will have to wear a t-shirt over top.

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Hat

A wide-brimmed hat will protect the face and neck from sun exposure, thereby reducing the amount of greasy sun block that you'll need.

Pick a hat with a drawstring or lanyard to prevent the hat from blowing away.

Foul Weather Gear

Occasionally we experience rain while making passage. You should have rain gear to keep you warm and dry. A poncho with a rain hood is often good enough.

Shorts/T-Shirts

Bring one set of presentable clothing for going into town for meals and tours.

Long Pants/Shirt

Bring one set of warm extra clothing in case of cold and wet weather conditions. Select synthetic clothing like 100% polyester.

In summer, the extra clothes are used for sun protection. Select lightweight fabrics that breathe and have built-in SPF.



Blue jeans are not advisable. When they get wet, they never dry out and you just get cold and shiver.

Hygiene Kit

Soap, shampoo, comb, brush, toothpaste, toothbrush, and floss are typical items. Expect to wash your face and brush your teeth each day. If available, take a shower too. Girls need to bring their feminine products too.

Sleeping Clothes

The nights are usually warm and humid. You will want to get out of your sailing clothes at night, especially if you shower in the evening. Light weight pajamas are a good choice.

Shower Shoes

Prevent picking up a foot disease and wear shoes in the shower. The best shower shoes are flip flops. To avoid marking the boat, wear your deck shoes to the shower house and carry your shower shoes until you are in the shower house.

Water Bottle

Use a liter/quart size water bottle with a drinking nozzle and a wide-mouth screw top. Use a carabiner to hang your bottle from a lifeline so it stays out of the way but is ready when you need it. Be sure your name is on your bottle.