Adventure Sails & Ocean Master Class/Mile Building trips

While you need to stay warm and dry, you don't need to spend a fortune on specialist clothing. There are plenty of retailers to choose from, but we have found Decathlon (www.decathlon.co.uk) does a good range at very reasonable prices. You may have clothing from other outdoor sports that will fit the bill too. Here is a list of the essentials. If you are unsure about anything, please just ask!

Please pack your gear in a soft holdall that can be folded away, because of the limited space on board.

Remember we provide top quality life-jackets and foul weather jackets and trousers.

Sleeping bag: three seasons for colder months, two seasons for summer, and ideally one that opens up fully. A sleeping bag liner is a useful addition. We provide a pillow.

Dry bags: we recommend up to 4 dry bags, ranging in size from 5 to 20 litres. These will keep your kit dry. Little silica gel pouches for each bag are a good addition. If you don't have dry bags, thick plastic shopping bags are fine.

Headlamp with red filter: a basic model is fine.

Hat: warm, waterproof and snug fitting. A sun hat with a brim could be useful too.

Gloves: bring several pairs of gloves in different weights as they will get wet. Mittens are good.

Base Layers: for colder trips, a pair of long johns and two long sleeved tops will be useful. These do not need to be the very expensive technical kind, just warm and breathable.

Underwear and socks: bring enough that you can wear a fresh set every day for up to a week.

Light weight long sleeve top: for hot sunny days to protect against sunburn

Shorts for summer

Mid layers: lots of layers are the key to keeping warm on board. Bring a warm padded jacket, a fleece and a jumper

Mid weight jacket and trousers: windproof and waterproof outer layer. Walking trousers or ski pants are a great alternative that you may already have.

Sailing boots: to begin with, rubber sailing boots will be fine. You can buy them from around £30. Go for ones with a non-mark sole and good grip.

Other footwear: flip flops are great once we're ashore and a pair of cross-trainers or light hiking boots can also be invaluable for exploring ashore in muddier areas.

Sun glasses: polarised with a safety strap

Toiletries: please keep these to a sensible minimum. Tooth brush/toothpaste; small bottle of shower gel; deodorant; SPF 30+ Sun cream (the sea reflects the sun and you will burn); chapstick; towel (it doesn't need to be a travel towel).

Swimming gear and goggles

A knife / pliers combination: not essential but very nice to have.

Electronics: whatever you bring – camera, ipod, tablet - put in a waterproof cases wherever possible. We will have some charging points on board.

Money: for trips outside the UK, an internationally recognised credit or charge card and some local currency for when you first arrive.

Shore clothes: appropriate to the destination and time of year.

What we provide

Life-jackets (please note, you are not allowed to use your own life-jacket on board, so please do not bring one)
Foul weather jackets and trousers
A pillow for your bunk

Race Sails

With a bigger crew on board for racing, space (and weight) is at more of a premium so we have to ask you to streamline your kit. See our separate Race Sail kit list.