



S·A·L·T·S·

SAIL AND LIFE TRAINING SOCIETY

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GEAR LIST FOR SALTS GROUP SAIL TRAINING TRIP Calgary Board of Education Schools

Every participant should bring the following items:

1 sleeping bag, pillow, sleepwear

Toiletry items including a towel, soap*, toothbrush, toothpaste, sunscreen etc.

* *Please bring bio-degradable soaps and shampoos only.*

Rain gear (jacket and pants)

Runners or deck shoes, 1 pair rubber boots, 1 pair waterproof sandals

1 warm jacket, 1 cap or toque, 1 pair mitts or gloves

1 personal water bottle (labeled with your name)

1 flashlight or headlamp and spare batteries

Wristwatch

Pen or pencil, notebook, and *Sailor's Handbook* in a 'duo-tang' binder

The following in sufficient quantities for the length of your trip:

- Jeans or slacks, sweaters, shirts, tops
- One change of socks and underwear for each day at sea

It's usually cooler on the water than you think - bring plenty of warm clothes.

SPECIAL NOTES:

1. **No** alcohol, tobacco, knives, junk food, chewing gum or sunflower seeds.
2. **No** use of cell phones, portable music players (i.e. MP3 players, iPods) or electronic games allowed, but you're welcome to bring a small musical instrument if you have one (if you would like to bring a larger instrument - i.e. a guitar - please contact the SALTS office to confirm whether or not there is storage space on your trip).
3. Everyone on board stands watch, even at night, so be prepared to help in all aspects of shipboard life from steering the ship to doing the dishes!
4. All your gear has to be stowed on your bunk so please keep it to a minimum: duffle bags or soft luggage only.
5. At the end of the trip, SALTS offers cool gear (i.e. t-shirts, hoodies, mugs) that may be purchased on the ships. We accept cash or credit cards so remember to bring some currency if you want to purchase gear.
6. Any unclaimed/unmarked 'Lost and Found' items will be held at the SALTS Office only until the end of the season (approximately September 30) and will then be donated to a worthy cause. Please label clothing and footwear.