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SAIL AND LIFE TRAINING SOCIETY

Box 5014, Station B, Victoria, BC, Canada V8R 6N3

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SALTS SUMMER PROGRAM VOLUNTEER CREW GEAR LIST

Volunteer crew uniform:

Crew shirt (1) supplied by SALTS and returned at the end of the trip
Navy Blue Sweater (Guernsey or crewneck or turtleneck)
Khaki pants (1 pair)
White Running Shoes (1 pair),
Khaki Shorts (khaki only)
White socks

Every participant should also bring the following items:

1 sleeping bag (pillow optional)	necessary towels, soap, toothbrush, etc.**
2 or 3 pairs of jeans or slacks	rain gear (pants and jacket)
1 old pair runners (or deck shoes)	2 - 4 warm sweaters or sweat shirts
1 warm jacket	
1 swim suit	2 - 4 pairs shorts
1 toque, hat or cap	1 pair gloves (for cool nights and/or hauling lines)
4 or 5 shirts or tops	1 change socks and underwear for each day at sea
sleepwear	flashlight (for nightwatch)
1 pair waterproof sandals	plastic bag for wet gear
1 pen, 1 pencil and eraser	writing pad and binder for Sailor's Handbook
Water bottle for shore excursions	Log Book if returning from last year

****PLEASE BRING BIO-DEGRADABLE SOAPS AND SHAMPOOS ONLY. THANK YOU!****

Supplementary List: (recommended but not mandatory)

1 pair rubber boots (or deck boots); 1 pair dividers and 1 set parallel rules for the Intermediate Certificate; reading material; Bible; musical instrument* and "long john underwear".

* Please check with office before bringing large instrument (e.g.. guitar)

Bring only duffle bags and soft luggage - only what you can stow on your own bunk.

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.

AN IMPORTANT NOTICE!!

Absolutely **NO** radios, ipods, CD players, digital game devices, chewing gum, junk food, alcohol permitted on board. A ***NO SMOKING*** policy will be in effect both **on the ship** and **during shoreside activities**. Please be aware therefore that smoking will **NOT** be permitted from the time you board until the time you disembark at the end of the trip. Infractions of this policy will lead to your disembarking immediately. Thank you for your cooperation.