



MISTRAL SAILING CHECKLIST FOR A WEEK IN SCOTLAND

Weather Protection-

Warm waterproof hat x1

Layer Fleece neck scarf / snood x1

Foul Weather sailing jacket *** x1

Foul Weather Trousers *** x1

Sailing boots *** x1

Sailing gloves x1

Sunglasses (on cord) x1

Warmth Mid layer –

Bottoms x1

Top x1

Polo shirts x3

Comfort-

Long sleeve vests x2

Boot socks x5

Light socks x3

Underwear

Clothing-

Shorts *optional*

Swimming trunks *optional*

T shirts *optional*

Deck shoes/trainers x1

Clean lightweight clothing x1

Safety Kit-

Lifejacket ***** *optional*

Safety harness and tether ***** *optional*

Sailing knife *optional* x1

Other-

Headtorch with red bulb *optional*

Sleeping bag*** x1

Sleeping bag liner *optional*

Towels x2

Mini Maglite *optional*

Spare batteries *optional*

Personal/ Soap/washing gel

Shaving gel x1

Razor

Makeup

Sanitary wear/protection

Antiperspirant

Toothbrush and paste

Specs / contact lenses and solutions etc

Sea sickness tablets *optional*

Sea sickness wristbands *optional*

Sun cream *optional*

Lip salve/moisturiser/block

Personal medication

Skin moisturiser/handcream *optional*

Emergency rations (chocolate) *optional*

Cash and credit cards

Bum Bag! for odds and ends

Items marked *** are available to hire from Mistral Sailing

Items marked ***** are already on the boat but you may prefer to wear your own.

Please - NO SUITCASES ESPECIALLY HARD BODIED ONES - Soft bags only please and keep it to a minimum