



## Cruise and Learn Preparation Check-list

(206) 792-9787 | [www.LtdSailing.com](http://www.LtdSailing.com) | [info@LtdSailing.com](mailto:info@LtdSailing.com)

Thank you for choosing Ltd Sailing School for your sailing instruction!  
We hope you will find this checklist helpful for your planning.

### STUDYING

- **Pre-study is vital to the success of your course.** You will want to come fully prepared, using the text along with the course curriculum prior to your course. Spend your time in paradise sailing, not studying!

- The following texts are required for the course and are to be used in conjunction with the course curriculum, found on our website.

*Sailing Made Easy*

*Costal Cruising Made Easy*

*Cruising Fundamentals*

- These texts are available directly from the American Sailing Association ([www.asa.com](http://www.asa.com)), your local bookstore or on-line through Amazon.com. Check the ASA website for pricing information before purchasing from Amazon.

### ABOUT YOUR CLASS

- Sailing can be a rigorous endeavor, particularly when learning. **Be prepared to be physically active while on a moving boat.** It would be a good idea to start a moderate exercise program, if you haven't already, including some upper body strength training.
- Our prices include provisioning. Cooking on board is part of the curriculum and will be shared among the students. Many of our students enjoy this opportunity as it gives them a chance to show off their culinary skills! Shopping in the little markets along the way enhances the experience. Please let us know if you have any dietary restrictions.
- Consuming alcoholic beverages in moderation is allowed once the anchor is down, however they are not provided. Bring your own or purchase locally.

- Many people ask us if it is customary to tip your instructor. Our instructors work hard to make your trip enjoyable and tipping is appreciated. But it's up to you - the average range is 10% to 15% of your class price.

## TRAVEL

There are several options for travelling to St. Vincent and the Grenadines.

- From the US and Canada, there are three potential hubs through which to connect to St Vincent –
  - San Juan, Puerto Rico (SJU) with a connection on LIAT ([www.liat.com](http://www.liat.com)) to St Vincent (SVD).
  - Grenada (GND) with a connection on LIAT to St. Vincent.
  - Barbados (BGI) with a connection either on LIAT or on SVG Air ([www.svgair.com](http://www.svgair.com)) to St. Vincent.

From Europe, the best route from London (LGW) is via Barbados or Grenada.

Please provide us with your flight information so that we can organize transportation to and from the airport. We take care of the details so you can concentrate on the fun stuff!

## Learn-N-Cruise Packing List

**(For the Basic, Catamaran and Advanced Cruise and Learn courses)**

Please pack carefully. Think: sun protection, staying cool and being comfortable. Informal clothing is the rule in the islands. Please avoid hard-sided suitcases by packing your gear in soft-sided luggage. Space is very limited on a boat.

You really won't need much – so do your best to pack lite. However, there are a few items that you will want to be sure to bring along!

- Remember when packing, think sun protection, staying cool and comfortable.
- Informal clothing is the rule in the islands
- Please avoid suitcases by packing your gear in a soft sided bag
  - They are easier to stow once on board

For the Basic, Catamaran and Advanced Learn-n-Cruise courses, here is the list of items we suggest you bring:

- Swimsuits (2-3) & cover-up
- Shirts—tees, polo shirts, sun-shirts (3-5)
- Shorts—quick-dry, zippered pockets (2-3)
- Underwear—as appropriate
- Quick-dry long pants, long-sleeved shirt (UPF for sun protection)
- Shoes/on-board—non-slip, non-marking, closed-toed (eg. deck shoes, Crocs, Keens)
- Shoes/ashore—sandals, water shoes
- Rain jacket—hooded, lightweight, breathable (light foul weather gear)

- Hat—ball cap, visor, or sun hat (tie-down)
- Sunglasses (polarized if possible), retainer strap. Bring a spare pair.
- Sailing gloves (**strongly recommended**)
- Toiletry / wash kit
- Earplugs (to block sound at night if needed)
- Micro-fiber sports towel / beach towel
- Sunscreen (SPF 50!) & lip balm (SPF 15+, waterproof – “Lip Trip” is the best!)
- Seasickness medication—as required
- Personal flashlight (small, headlamps work great!)
  - If you are doing the Advanced Cruise and Learn course – a headlamp with a red lens/light is mandatory kit
  - It takes approximately 20 minutes in darkness for your night vision to fully develop. One flash of white light will ruin it instantly. However red light does not effect your night vision.
- Camera
- Duffel bag (soft, no wheels)
- Passport
- Debit or credit card, with PIN for cash advances
- Sailing text books (See “Textbooks” tab for details)
- Calculator (small/simple), mechanical pencil & eraser
- Music CD’s or iPod
- Wine, beer or adult beverage of choice (allowed at anchor or dock only).

**Currency:** You will have the option to eat ashore (or enjoy a beverage) at most of the anchorages we visit during the week. You will be responsible for all of your meals ashore. Most nights we will stay at anchor, however if the students and instructor choose to take a mooring ball or dock, the fees are split among the students. We encourage anchoring for the learning experience. U.S. Currency is generally accepted throughout the islands and will help you to avoid high ATM fees

**Remember pre-study is vital to the success of your course.** Please take the time to look over the course curriculum and text books. We encourage you to contact us with any questions you have before, during and after your sailing trip.