



Cruise and Learn Preparation Check-list

(206) 549-9191 | www.LTDsailing.com | Info@LTDsailing.com

Thank you for choosing LTD Sailing School for your sailing instruction!

Learn-N-Cruise Packing List

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

Please pack carefully. Space is limited on a boat.

You really will not need much – so do your best to pack light. 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

Avoid suitcases by packing your gear in a soft sided bag, they are easier to stow once on board

List of suggested items:

- Swimsuit & cover-up
- 3 – 5 Shirts — tees, polo shirts, sun-shirts (avoid cotton)
- 2 – 3 Shorts — quick-dry, zippered pockets
- Underwear — as appropriate
- Shoes (on-board) — non-slip, non-marking, closed-toed (eg. deck shoes, etc.)
- Shoes (ashore) — sandals or flip flops
- Rain jacket — hooded, lightweight, breathable (light foul weather gear)
- Hat — ball cap, visor, or sun hat (w/ tie-down or hat clip)
- Sunglasses (preferably polarized) w/ retainer strap
- Sailing gloves (**strongly recommended**)
- Toiletry kit

- Earplugs (to block sound at night if needed)
- Micro-fiber sports towel – towels are provided, but the micro-fiber dries quickly
- Mask and snorkel- fins are provided
- Sunscreen (SPF 50! Reef safe)
- Lip balm (SPF 15+, waterproof)
- Seasickness medication — as required
- Personal flashlight or headlamp - If you are doing the **Advanced Cruise and Learn** course – a headlamp with a **red lens/light is mandatory**. 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 affect your night vision.
- Camera
- 12-volt charger for your gadgets (car charger)
- Waterproof bag – for the occasional wet dinghy ride
- Passport
- Debit or credit card, with PIN for cash advances
- Sailing text books
- Calculator (small/simple)
- Mechanical pencil & eraser
- **Reusable water bottle** (On the boat we are using 5 gal. bottles of spring water, a refillable personal water bottle will come in handy!)

Check out our Amazon Wish List to find items we recommend!

[LTD Sailing School Packing List](#)