

# Discover Sailing Day



## Before you leave home

### WHAT TO WEAR

You don't need any special clothing to get started in sailing. Comfortable clothing such as shorts, polo shirts, tracksuit trousers, sports gear are all suitable. Collared shirts and hats are advisable to protect you from the sun. You may want to wear a wetsuit if you have one. Layers of clothing are recommended so you're ready for any weather. Jeans and skirts are not advisable. A change of clothes and a towel is a good idea. There will be change facilities at the club.

### FOOTWEAR

Your shoes might get wet so think about bringing old shoes with non-marking soles. Lace-up shoes are preferable. Thongs are not suitable.

### FOOD & DRINK

The club offers some catering and drinking water. You may want to bring your own snacks and water bottle.

### SUN PROTECTION

Sunscreen is a must, sunglasses and a cap or hat are also a good idea.

## At Cairn Curran Sailing Club

- There will be club members ready to welcome you.
- Register at the club, if you have not registered prior to the day.
- You choose how much you want to participate.
- Volunteers will help you enjoy the day and answer any questions.
- Bring your family and friends with you, after all it is a fun and FREE day.
- Ample Parking around the club.
- The clubhouse, deck and grounds are available to relax and enjoy the day.
- BBQ and bar facilities provided. No BYO.



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