



GEAR LIST

CRAFT OF SAIL FOR WOMEN ON NASKET

W/ ARISTA HOLDEN

Please wear loose, comfortable clothing that can be worn in layers. A summer day in Maine can have you in T-shirts and shorts or jeans and sweatshirts. Bring a variety. On very windy days you may get wet from the spray.

Gear to Bring:

Foul Weather Gear, Boots & Hat

Dark Glasses & Sun Hat or Cap

Sun Protection

Knife

Small Duffel or Day Pack

Extra Clothing for variable weather

Sailing Gloves (optional)

Water Bottle

Life Jacket (if you have your own that you want to bring – otherwise WBS has plenty)

Your instructor has recommended the items above. Don't spend lots of money, but if you have these or can borrow them, bring them along.

Suggested Reading:

*The Complete Sailor by David Seidman (excellent book of basics)

*The Craft of Sail by Jan Adkin

First You Have to Row a Little Boat by Richard Bode

*Available through WoodenBoat Store 1-800-273-7447

These are books your instructor thought would be of interest. They are not required reading.