



GEAR LIST

ELEMENTS OF SAILING | FOR WOMEN

We are glad you are enrolled in one of our Elements of Sailing courses!

During the course of the day, we are in and out of small boats. 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 long pants and a fleece jacket. Bring a variety. On very windy days you may get wet from the spray. And we do sail in the rain and fog, as appropriate.

RECOMMENDED GEAR:

- Foul weather gear (we do go out in any weather)
- Warm clothes that are not cotton (fleece or wool work well)
- Wetable shoes, sandals or wetsuit boots, if we go ashore on an island.
- Sunglasses
- Hat that protects from the sun
- Sun protection
- Extra clothing
- Waterproof duffel or daypack (if you want to bring small personal gear on board)
- Bathing suit (optional)
- Sailing gloves (optional)
- Pocket knife (optional)
- Water bottle (optional)
- Notebook and pen (for taking notes during class time)

RECOMMENDED READING:

- The Complete Sailor by David Seidman, International Marine
- The Craft of Sail by Jan Adkin, Walker Publications

These are books your instructors though would be of interest. They are not required reading. Reference books are provided during the course.

All books are available for purchase from www.woodenboatstore.com

If you are raring to go and want to get a head start on the course, we suggest becoming comfortable with the terminology. The sooner you know the difference between the sheet and the halyard or the port or starboard side of the boat, the sooner you will be able to understand the dialogue used to discuss the theories involved with sailing. As with any language, the sailor's language can be quite involved. We are only asking you to become familiar with the basics.

The following terms are the basics we will emphasize:

Halyard – line that raises and lowers the sail

Sheet – line that adjusts the trim of the sail

Painter – line that attaches the boat to the mooring or dock

Bow – the front of the boat

Stern – the back of the boat

Starboard – the right side of the boat when facing forward

Port – the left side of the boat when facing forward

Mast – the upright spar that holds the sail

Boom – the horizontal spar that holds the sail

Rudder – the blade on the stern that steers the boat

Tiller – the handle attached to the rudder, used to steer the boat

This is the beginning. We will include a lot more terminology during the course. Reading any of the references listed on the reverse side can be a big help. We do use *The Complete Sailor* and *The Craft of Sail* as our textbooks; we will provide a copy of each for the week. You can choose to purchase them as well.

We look forward to meeting you!