

# 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 pants and 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 permitted.

### FOOD & DRINK

Most clubs offer some level of catering and all provide drinking water. You may want to bring your own snacks and water bottle. No glass is permitted.

### SUN PROTECTION

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

## At the club

- There will be people from the club ready to welcome you.
- If you have an allocated time slot, please arrive about 15 minutes prior to the start time to get changed.
- If you have not registered prior to the Discover Sailing Day, you will need to complete a short registration on arrival.
- You can choose how you would like to practice and how much you want to participate.
- Volunteers will be at the club to help you enjoy the day and answer questions.
- Parking – check with the club about parking availability
- Bring your family and friends with you, after all it is a fun and FREE day!
- Further details at [discoversailing.org.au](http://discoversailing.org.au)



FOR MORE INFORMATION VISIT THE CLUB'S WEBSITE OR CONTACT THE CLUB AS THEY WILL BE HAPPY TO ANSWER ALL YOUR QUESTIONS