

# S C E P T R E

## Sailing on Sceptre - what to bring?

Our guests often ask us what they should wear and what other kit they should bring with them when they come sailing with us. Below you will see our recommendations to make your sailing experience a safe and enjoyable one.

### CLOTHING

Weather conditions can change quickly and we recommend that you bring clothes suitable for both hot /sunny weather and wet & windy weather. T-shirts, jumpers, shorts, long trousers and hats are all recommended to be in your kit bag. Better still bring lots of layers. Thermals or jogging bottoms under normal trousers can really make the difference if it is a cool day. You won't enjoy the day if you are cold.

We don't recommend jeans, as the seams can lead to chaffing and they take a long time to dry out if you get wet for any reason.

We would recommend a lanyard/sunglasses strap for your glasses and/or sunglasses. If you have some sailing gloves, bring them.

You should bring wet weather gear: a wind and waterproof jacket to go over several layers of clothing, and, if possible, waterproof trousers.

Your kit should be carried in a soft bag. Please do not bring a suitcase - they aren't safe, won't fit in the lockers and can cause damage to the boat.

### SEA SICKNESS

If you are concerned about sea sickness, we would recommend the antihistamine Stugeron, which is available from chemists. This should be taken as instructed on the pack, 2 hours before sailing. A supply of Stugeron is also available on board.

### SLEEPING ON BOARD

You should bring a sleeping bag and pillow. Earplugs are a very good idea, and there are plenty on board.

### Any further queries?

Do not hesitate to contact Jenny Ball on 0121 3080870  
Sceptre Preservation

### FOOTWEAR

Please wear deck shoes, trainers or other soft-soled footwear. Your footwear should have good grip as you will be moving around the boat and the deck may get wet at times. Sensible footwear is essential for your own safety and for the protection of the boat. Office shoes are not safe on a yacht.

### TOILETRIES

The marinas we berth in have full shower and toilet facilities, but you'll need to bring your toiletries and a towel. Hand towels are provided for each of the heads (toilets) aboard.

### ELECTRICAL ITEMS

If you are likely to need to recharge your phone or iPod, please bring a 12v lead (in-car charger). Depending on power source available, you may also be able to use a conventional lead.

### SUN PROTECTION

We all hope for sunny weather when we go sailing, but many people get more sun than they bargained for. Water can reflect up to 80% of the UV rays that hit the water and the sea breeze often cools you down and belies the true effect the sun is having on you. Without adequate sun protection, you could end up with sun burn, or even sunstroke, after a day on the water. Here is what we recommend:

- Sun cream of at least factor 25. For those with fair skin, skin conditions or who easily burn, we would suggest an even higher factor.
- Sunglasses - good quality sunglasses with 100% UV protection. Polarized lenses are very good at stopping the sun's glare from the water.