What to Wear for a Powerboat Course

Clothing for the Powerboat course needs to keep you warm and dry. If you continue to powerboat, you may want to buy better clothing, but this can be expensive and is not necessary to begin with.

▪ **Head** - A hat is essential. Baseball cap or woolly hat. You can lose a lot of body heat through your head.

▪ **Sunburn** - Protect any skin that is not covered with sun cream/lotion.

▪ **Upper body** - Wear thin layers. Thermal vest if you have one, shirt, sweatshirt, pullover. Increasing the number of layers keeps you warm and allows you to move around. Bulky clothing restricts mobility and should be avoided.

▪ **Lower body** - Warm trousers e.g. cords, track suit bottoms. No jeans please.

▪ **Hands** - Not essential, but an old pair of thin gloves if the weather is cold or just to protect your hands. Sailing gloves are the next step.

▪ **Feet** - Old trainers with socks or thermal socks. Your feet may get wet. Please do not wear wellingtons. Dinghy boots or wet boots are the next step.

▪ **Waterproofs** - If you have a waterproof cagoule or trousers please bring them. The club has a limited supply of spray tops, which we can lend you.

▪ **Glasses** - If you need to wear glasses or sunglasses whilst sailing we strongly advise that you use a length of cord, possibly elastic, to keep them on and/or secure them to your clothing. They can very easily get knocked off and lost overboard.

▪ **Bouyancy Aids** - The club will supply you with a buoyancy aid which must be worn at all times on the water or bring your own.

▪ **Wetsuits** - Not necessary for the course, as it is not planned for you will not enter the water.

▪ **Drysuits** – If the weather is very cold, then a drysuit is the ultimate to stay warm and dry. If you have one, then bring it, with warm clothing to go underneath and boots/trainers to go over the feet.

▪ **Change of Clothes** – If it rains or you can get wet just from spray. Make sure you have a complete change of clothes.

▪ **Towel** - Don't forget it! We have hot showers