



CBYC Youth Sailor's Checklist

Personal Flotation Device (life jacket) which is Ministry of Transportation approved, and fits properly

Quick Drying Shoes to sail in—not sandals—they don't protect your toes. Non-marking water shoes or canvas runners are good choices.

Bathing suit & Towel

Waterproof jacket

At least one **change of clothing**. Having both a change of warm clothes (long pants and long-sleeved shirt) as well as a change of shorts and t-shirt should cover all weather conditions

Waterproof sunscreen that filters UVA & UVB rays—look for The Canadian Dermatological Association logo

Lunch, snacks & 1 litre of extra water everyday

Eyes get burned too—we recommend that you look into **sunglasses** with UV filtering lenses and a **sunglasses strap** — yes, they do sink!

A **hat**, with a strap if possible, they do blow away.

Your best smile!!

See you out on the water...