

Mira Mar

Cruising Course Personal Gear List

Items to Bring

- ___ Sun hat
- ___ Warm hat *
- ___ Sunglasses & retainer
- ___ Polypropylene underwear top *
- ___ Medium weight insulation layer
- ___ Thick fleece layer *
- ___ Long-sleeved shirt (sun protection)
- ___ Polypropylene underwear bottom *
- ___ T-shirts
- ___ Long pants
- ___ Shorts
- ___ Underwear
- ___ Swimsuit
- ___ Rain Gear: Jacket & pants
- ___ Ocean foul weather gear †
- ___ Sailing gloves
- ___ Warm gloves *
- ___ Deck shoes (non-marking, non-skid) **
- ___ Socks
- ___ Sunscreen (lotion only - no sprays)
- ___ Toiletries:
 - ___ Toothbrush, paste, floss
 - ___ Comb, hairbrush
 - ___ Shampoo, soap, shaving items
 - ___ Skin lotion, Lip balm
 - ___ Feminine hygiene items
- ___ Collapsible duffel bag to carry clothing
- ___ Cash / credit card
- ___ Headlamp or small flashlight
- ___ Snorkel gear: Snorkel, fins, mask
- ___ Notebook
- ___ Pen / pencil
- ___ ASA Logbook
- ___ ASA Textbooks
- ___ 1-Liter Water bottle (Nalgeen or equivalent with large opening)

Optional Items

- ___ Beach towel
- ___ Foul weather deck boots †
- ___ Sandals or flip-flops (walking ashore)
- ___ Belt
- ___ Rx eyeglasses
- ___ Personal OTC or Rx medicines
- ___ Knife or multi-tool
- ___ Wristwatch
- ___ Camera
- ___ Cell Phone
- ___ Personal music player
- ___ Spare batteries
- ___ Book / magazine
- ___ Earplugs
- ___ Energy bars
- ___ Wine / beer

DO NOT BRING

- Regular Suitcases
- Roll-able Suitcases
- Frame-type backpacks
- Coolers
- First aid supplies
- Firearms
- Illegal drugs

* Optional for Warm Weather Courses

† Ocean passage courses

** No dark soles, street shoes, tennis or running shoes. Barefoot is OK.

***Most participants bring too much gear.
Pack Light!***