



## Indian Harbor Yacht Club Junior Sailing

### Sailing Equipment List

#### Required Equipment:

- Lifejacket, i.e. PFD (Personal Floatation Device)
  - o Needs to be Coast Guard (USCG) approved and non-inflatable. Recommend USCG Type III. [Example shown here](#). Ensure you're not purchasing a "Floatation Aid," which has less floatation than a USCG-approved life jacket and is not allowed for use in IHYC programs.
  - o USCG-approved life jackets are clearly labeled on the interior.
- Closed-toe shoes / sailing boots
  - o Regular sneakers are fine, or [Sperrys](#) or similar [sailing-specific shoes](#). They will get wet. Flip-flops, sandals, or bare feet are not allowed.
- Refillable water bottle
  - o No glass containers
- Sailors' clothing will get wet during practice. Change of clothing for ride home is recommended. Board shorts/bathing suits work best and can be paired with synthetic (no cotton) shirts. Bring layers.
- Label everything clearly in sharpie with sailor's name!

#### Recommended Equipment:

- Spray gear (pants/top)
  - o A raincoat or windbreaker is OK, but [sailing-specific clothing](#) will work best. We will sail in rain and cold weather, so bringing layers is important. Huge variety available in style and price.
- Digital watch. Needs to have countdown feature.
  - o As we learn about racing, sailors will need to be able to time their starts. [Timex Ironman](#) or similar works well and is waterproof/durable.
- Sunglasses
- Hat: baseball cap and beanie for cooler weather
- Gloves
  - o Many models are available, recommend trying on. [This model](#) or similar is a good option and is also available at hardware stores. [Traditional sailing gloves](#) also work well.
- Sunscreen

#### Sources:

- [The Dinghy Locker at Landfall Navigation](#). Immediately off of I-95 exit 6. One-stop-shop for sailing gear in the area.
- [West Marine](#). Also in Stamford, CT. Good selection and some different brands than the Dinghy Locker.
- For mail order: [Annapolis Performance Sailing](#), based in Annapolis, MD.
  - o For new families, APS's "[what to wear guide](#)" can be really helpful.

*IHYC does not provide any sailing gear or PFDs. Being prepared and comfortable on the water will make for a better experience. Extra clothing / bags can be left in the IHYC classroom during practice.*