



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 the ride home is recommended. Board shorts/bathing suits work best and can be paired with synthetic (not cotton) shirts. Bring layers.
- Mask. We recommend [Buff](#) gaiters for sailing as they can easily be removed from the face when needed and offer sun protection.
- 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 a 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.

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.