

## Sailing Bag Packing List

In an effort to get ready for summer, I tackled the dreaded task of cleaning out my closet. Which also means, I finally got around to cleaning out my sailing bag.

The best way to describe the contents of my bag would be a first aid kit with the unique smell of feet, sunscreen, and rum.

Of course, I had the sailing necessities: gloves, rigging knife, and sunglasses. I also had some not-so-necessary items: used glow-stick necklaces, wristbands from regatta parties, and a sailtie-headband.

I figured this could be an opportunity to help get myself (and NCWSA members) thinking about all that random stuff needed for the upcoming sailing season to throw into my sailing bag.

Depending on the distance you're racing or type of boat you're racing, your bag and contents will vary. You don't want to be 'that girl' with a duffel bag large enough to be checked at in the airport for a Tuesday evening race.

However, you don't want to be unprepared. I've developed a list of minimum and optional personal items to help guide your packing strategy.

The last list is the items you won't realize you need until you NEED them - the 'Save the Day' boat stuff. Hopefully, these things are already on the boat, but it's a good idea to double check with the skipper/boat owner.

### Minimum Personal

- o PFD/Lifejacket
- o Gloves
- o Sunscreen
- o Rigging Knife or All Purpose Tool
- o Foul Weather Gear - Weather Dependent
- o Sunglasses
- o Pencil
- o Chap Stick
- o Water
- o Copy of Sailing Instructions and Rule Book - *Extra points if you laminate them!*
- o Watch

### Optional Personal

- o Aspirin
- o Eye Drops/Contact Solution
- o Power Bars/Snack
- o Knee Pads
- o Flash Light
- o Athletic Tape
- o Flask (Filled with favorite spirit)
- o Water-Proof Camera
- o Duct Tape
- o Hair Ties
- o Sharpie

- o Gum
- o Icy Hot and/or ThermaCare Heat Wraps - *Great for low back/shoulder pain.*

### **'Save the Day' – Optional 'Boat Stuff'**

- o Protest Flag
- o Sail Repair Supplies/Tape
- o Ring Dings
- o Yarn
- o Rubber Bands
- o Needle and Waxed Thread
- o Shock Cord
- o Matches/Lighter
- o Extra Gloves
- o Sail Tie
- o Handheld Radio
- o Extra Line
- o Zip Ties

— **Liz Wilber, PR/Newsletter Chair - NCWSA**