

What to pack for your UKSA trip

To help make sure you're fully prepared for your trip, we've put together a list of what you need to pack.



Please ensure all clothing is name labelled.



UKSA is a plastic free site.

uksa.org



@UKSAsailing

UKSA cannot accept responsibility for loss, damage or theft of any item.



Essentials you need for your trip:

- Water bottles (1x for activities & 1x for mealtimes & bedrooms)
- Swimming kit & towel
- Sunglasses, sun cream & hat
- Clothes which can be layered for activity sessions – these will get wet
- For on-the-water activities, a pair of shoes that you don't mind getting wet or lost, wet shoes are preferable

On a residential trip, you will also need:

- Toiletries
- Bath towel
- Pyjamas & slippers
- Casual clothes for evening activities
- Gloves, hat & scarf (if you're visiting us in the winter)
- A second pair of shoes - these are for land based activities & casual wear
- Large plastic bag for dirty clothes
- For over 16s a lidded, reusable cup for hot drinks

Other things to consider bringing with you:

- Books, playing cards, travel games & other quiet activities
- Torch
- Glasses strap – to secure glasses around your head when on the water
- Money for snacks & souvenirs*

*We suggest that students bring only a small amount of spending money (£10 would be suitable) in change to use when they are on their residential trip.



Sunshine

Remember to bring a suitable hat and your sun block



Helmet

Comes in red, yellow or blue
#teamcolours

Smile

We aim to deliver Fun with a capital F

Buoyancy Aids

All buoyancy aids are checked before all sessions

Wetsuit

Keeping them warm in the water

We supply

Everything to keep our students safe and warm. Wetsuits, buoyancy aids, safety helmets and any other kit required for the activity sessions are included.

Safety on the water

At UKSA the safety of our visitors is of the highest importance. Every person going afloat is required to wear suitable protective clothing determined by the nature of the activity, the likely weather conditions and the ability of the student.

Helmetts

Every student and member of staff attending UKSA will be issued with a helmet, except for Keel Boating and Powerboating.

Certain hairstyles can impede the safety of the helmet for example braids, plaits, ponytails and buns. These hairstyles can raise the helmet above the head resulting in the helmet covering less of the head than it should, leaving part of the sides unprotected. Raising the helmet on the head destabilises it by moving the sides that normally keep the helmet steady, up and away from the sides of the head.

If possible, UKSA recommends that visitors remove their braids and wear ponytails and buns at the bottom of the head beyond the bottom of the helmet. Final decision will always remain with the instructor in charge of the day.

Jewellery

We advise jewellery is left at home, wearing jewellery during activities may cause injury and you may be asked to remove it by the instructor in charge of the day.

