



Royal Western Yacht Club of Ireland



Thank you for booking with the Royal Western Yacht Club of Ireland Training Centre.

We love sailing & we hope you will too!

To ensure you get the most out of your sailing course we would make the following recommendations:



Clothing details

Personal Flotation Device PFD's will be provided by the Training Centre and must be worn at all times when involved in water sports activities *and* on the pontoons.

Wetsuit If purchasing a wetsuit we would recommend steamer suits i.e. long legs and long sleeves.

Please bring with you

- Wetsuit
- Swimming togs
- Towel e.g. booties, runners. NO flip flops.
- Adequate footwear We would also recommend socks to wear in the water. Seriously, keeps the toes toasty!
- Long sleeved top Suitable to be worn in the water. Can be worn under a wetsuit e.g. skins/base layer. Again, it's all about keeping warm.
- Windcheater Optional - to wear over wetsuit, depending on weather.
- Hat

Lunch Time

Please bring a packed lunch with additional drinks & snacks. It's hungry work out there!
Lunch time will be supervised by instructors.

