

EAST Sailing Academy Equipment Checklist:

- **Clothing and shoes** that can get wet. Students may wear swimsuits under their clothes if they wish. Shoes must be worn at all times, but they do not need to be boat shoes or water shoes – sneakers also work. Open-toed shoes, like Tevas or Chacos, are allowed. Other popular brands include Sperrys and Crocs. Popular retailers include L.L. Bean, Land's End, and REI. Please note that backless shoes, like flip-flops and Crocs without a heel strap, are **not** allowed.

- **Lunch with a cold pack or in a cooler.** There is no refrigerator available.

- **Sunscreen.** Put sunscreen on your child before their arrival each day and send them with extra they can apply throughout the day themselves.

- **Hat and sunglasses** to help protect your child from the sun.

- **Towel and change of clothes**, students will often get wet when sailing.

- **Raincoat or windbreaker** in case of inclement weather.

- **Glasses strap** if your child wears glasses so that they don't lose them.

****Please label all items with the child's name. ****