















Although we are heading for summer the weather can still be cool to cold. Please try and be prepared for all types of weather remembering it is easier to take layers off then find them to put them on.

Participant List

-  Sunscreen
-  Hat and cord to tie hat to PFD (no baggy hats)
-  Sunglasses and sports band or piece of elastic (optional)
-  Shoes that can be worn in the water. I.e Sneakers or reef shoes
-  Bathers, shorts and short or long sleeved shirt (thermal tops are good)
-  Waterproof “spray jacket”
-  Sailing gloves are a great investment as they protect hands and also keep hands warm in cooler weather. Gloves are available through Sport Phillip on Mornington-Tyabb Road, Mornington
-  Towel
-  Plastic bag for wet shoes and clothes
-  Pen and paper to take notes
-  Wetsuit if you have available
-  Drink Bottle

Please do not bring any valuables or wear jewelry that can be lost in sand or water.

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MYC provide lifejackets for participants.

Contact details and address:

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