

Learn-N-Cruise Preparation Check-list

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**Thank you for choosing San Juan Sailing for your sailing instruction!
We hope you will find this checklist helpful for your planning.**

STUDYING

- **Pre-study is vital to the success of your course.** You will want to come fully prepared, using the text along with the course curriculum, prior to your course. You'll be too busy with hands on sailing to spend hours studying!
- The following texts are required for the course and are to be used in conjunction with the course curriculum, found on our website.
Sailing Fundamentals by Gary Jobson
Cruising Fundamentals by Harry Munns

ABOUT YOUR CLASS

- Sailing can be a rigorous endeavor, particularly when learning. **Be prepared to be very active while on a moving boat.** If you are very sedentary, it would be a good idea to start a moderate exercise program including some upper body training.
- We provide all of the food for your class except for one evening meal ashore. The meals are excellent (salmon, steak, etc.), but make sure you let us know if you have any dietary constraints by filling out the student survey. You will find it online at www.sanjuansailing.com under school/courses offered/basic tobareboat LNC.
- Alcoholic beverages are allowed at dock or at anchor. We do not provide them, but feel free to bring your own.
- Many people ask us if it is a common practice to tip their instructors. It is. Tip size varies quite a bit and is left to your discretion.

TRAVEL

- Written directions to SJS are located below.
- Hertz and Avis offer one day/one way car rentals with no drop-off fee between the Sea/Tac and Bellingham airports.

TRAVEL (continued)

- There are several connection flights offered daily by Horizon Air, between Bellingham & Seattle (SeaTac).
- The Airporter Shuttle provides van service between SeaTac and Bellingham (www.airporter.com). Both Hertz & Avis also offer one-day/one-way car rental.
- Please arrange your schedule so that you arrive here by 11am on Saturday, ready to take your Basic Sailing (ASA 101) written test. This leaves you with one less test to take aboard the boat and more time to sail!

PACKING

- When packing, think layered and compressible. Soft bags rather than hard luggage please!
- Packing list:
 - Sleeping bag and pillowcase (pillow provided, but you may bring your own if you prefer)
 - Earplugs (to block out sound at night, if needed)
 - Bath towel, shower flip flops & personal toiletries
 - Layered clothing – be prepared for comfort in a variety of weather conditions, both warm and cool. Suggestions include shorts and long pants, long underwear or base layer, warm cap, sun hat, fleece top/pants, fleece or wool socks, long and short sleeve shirts, bathing suit.
 - Wind-breaker
 - Rain gear (need not be expensive, any PVC will do)
 - Soft-soled non-marking shoes (deck shoes are preferred)
 - Sailing gloves (optional but recommended, especially for women)
 - Sunscreen and chapstick with SPF
 - Textbooks for course (“Sailing Fundamentals” and “Cruising Fundamentals”)
 - Calculator and mechanical pencil with eraser
 - Camera and music CD's
 - We provide vest style Type III PFD's (personal flotation devices). You are welcome to bring your own, if you prefer.



Directions to San Juan Sailing:

Drive north on I-5 from Seattle. Take exit 256A “Meridian Street” once you reach Bellingham. Left onto Meridian Street. Right onto Squalicum Way immediately after driving over railroad tracks. Follow Squalicum down to waterfront. Right on Coho Way after driving over railroad tracks again. Turn right at the 4-way stop in the parking area and you should see our office.

Maps available at www.sanjuansailing.com.

2615 South Harbor Loop, Suite # 1 / Bellingham, WA 98225