

Weekend Course 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

- The following texts are to be used in conjunction with the course curriculum, found on our website.
ASA 101&103: *Sailing Fundamentals*-Gary Jobson
ASA 104: *Cruising Fundamentals*-Harry Munns
ASA 114: *Multihull Fundamentals*-Rick White
No texts for Advanced Sail Trim or Big Boat Maneuvering courses or for All Women Wkend.
- You will want to have 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!

ABOUT YOUR CLASS

- Your class will commence at 9am Saturday and end about 5pm Sunday.
- 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.
- 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.

Pre-board Option on Friday (except 101*)

Please contact the Sailing School at least 2 weeks in advance (if you haven't already). The cost for preboarding is \$10 per person and the boat will be available for boarding after 7pm.

*After completing the first course (ASA 101), you will have the operating knowledge needed to pre-board.

TRAVEL

- Written directions to SJS are located below.
- Please arrange your schedule so that you can arrive here by 9am on Saturday. Your course will end about 5pm on Sunday.

PACKING

- When packing, think layered and compressible. Soft bags rather than hard luggage please!
- Packing list:
 - Food and beverage for the weekend (2 lunches, one dinner, and one breakfast). Meals provided for All Women Weekend only.
 - Sleeping bag and pillow case (pillow provided)
 - Earplugs (to block out sound at night, if needed)
 - Bath towel & personal toiletries
 - Wind-breaker
 - Fleece top
 - Wool socks
 - Layered clothing – polypropylene long underwear
 - Warm cap or hat and shorts
 - Sailing gloves (optional)
 - Sunscreen and chapstick with SPF
 - Sunglasses and if applicable, reading glasses
 - Rain gear (need not be expensive)
 - Soft-soled non-marking shoes (deck shoes are preferred)
 - Textbook for course (none for Wom Wkend, Adv. Sail Trim and Big Boat Maneuvering courses.
 - Calculator & mech. pencil with eraser (not needed for WomWkend, Adv.Sail Trim or Big Boat course
 - Optional: Music CD's & Camera
 - We provide vest-style Type III PFD's (personal flotation devices). You are welcome to bring your own PFD 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. Straight down towards the water. 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