



Calgary, AB  
Penticton & Sidney, BC  
British Virgin Islands

## **Congratulations on registering for the Best Sailing School in Alberta!**

### **Okanogan Lake Afloat Skills**

To help make for your weekend in the Penticton enjoyable, the following information has been provided.

### **WHAT PERSONAL SAILING GEAR DO YOU NEED TO BRING?**

#### **CLOTHING**

Shirts:	T-shirts and casual long sleeved shirts.
Pants:	At least one pair to wear, one for reserve. Try to stay away from cotton. Jeans are OK for shore and dry weather but absorb moisture in wet weather.
Shorts:	Bring one or two pairs during June through September.
Bathing Suit:	June through September.
Sweaters/fleece	Bring one heavy and one lighter sweater/fleece.
Jacket:	Wind resistant. The thickness of the jacket depends on the season.
Hats / Caps	For sun and for rain. For chillier weather bring a toque.
Gloves:	Special sailing gloves (cycling gloves will also do) protect your hands and keep them warm. Cycling gloves work well. Warmer gloves maybe necessary for early or late seasons. There are usually work gloves on the yacht for hauling anchor.
Long Underwear:	Bring during October through May – wool socks or polar fleece are best for cool weather.

**WEATHER GEAR** You must bring your own foul weather gear.

#### **FOOTWEAR**

Deck Shoes:	Soles need to be light in colour and non-marking
Seaboots:	A good idea if you have them, if not bring an extra pair of shoes

#### **PFD's**

(Personal Flotation Devices) There are MOT approved PFD's on the yacht. Bring your own flotation vest if it gives you comfort and warmth. PFD's are supplied for each adult on board; children need to bring their own PFD's.

#### **OTHER**

Sun Screen:	For protection from sun and wind
Sunglasses:	Good ultraviolet ray protection, wear a retainer to prevent glasses from falling overboard
Personals:	Whatever you need. And remember your camera.

*#110 333 5<sup>th</sup> Ave SW, Calgary, Alberta, Canada T2P 3B6*  
*www.swiftsuresailing.com*  
*Business 1-403-803-8201 toll free 1-877-470-7245*

### **WHAT AM I RESPONSIBLE FOR?**

You need to provide your own transportation to and from Penticton, BC as well as accommodations and meals. You will need on-board lunches as we will be at anchor for most lunches. We will usually have several dinners together at night at some of our favourite restaurants depending on everyone's plans.

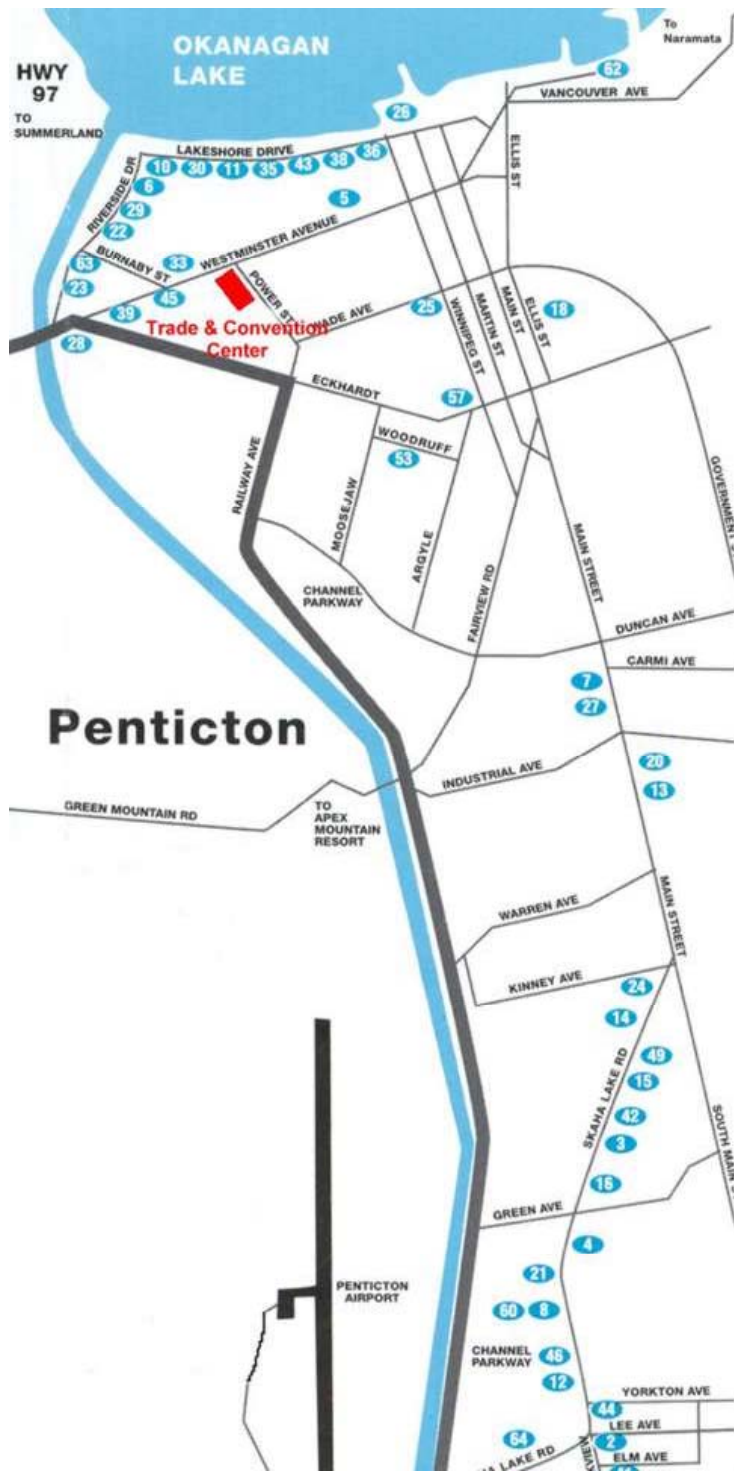
### **Any Questions or Problems**

Should you have any problems or questions before your course, feel free to fax, E-mail or call us with any queries.

**E-mail: [jamie@swiftsuresailing.com](mailto:jamie@swiftsuresailing.com) TEL (403)-803-8201**

# Map of Penticton

Swiftsure Sailing Academy Ltd. is based at Penticton Marina on Front Street located at marker '62' on this map (just off Vancouver Ave.) The Marina is located beside the Penticton Yacht and Tennis Club. Swiftsure's boats are on "E" dock.



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