



Single Mariners Sailing Checklist

	Deck or tennis shoes
	Sailing gloves
	Sailing knife
	Sunglasses with lanyard
	Hat with lanyard
	Sweater and / or jacket
	Sweatpants
	Sunblock
	Water
	Lunch that won't spill
	Camera
	Wine or beer for post sail happy hour
	Dip, cheese, crackers or crudités to share