

Pre-event check list



It's at this point I always wonder did I charge the battery, did I replace the memory card !!????

So to help you avoid potential problems I've compiled a check list of stuff I think you might need for the day to maximise your learning....

Need....

- To have fixed all jobs on the boat
- Burgee
- Tell tales on main & jib
- Stopwatch

- Water/juice bottle
- Snacks/nutrition

- Dry bag of any 'stuff' / medication to put in rib
- Appropriate clothing
- Sun cream (hopefully!)

- Pen & paper or something for note taking ashore (iPad/notebook)

If possible....

- Waterproof notes for boat
- China graph pencil
- Permanent marker (stand out colour for your boat and strings)
- Compass
- Sail makers settings

Drink lots and keep hydrated prior to sailing. 2% dehydration = 10% loss of performance.

Have a good breakfast, Porridge is the breakfast of choice for the Sky/Ineos Cycling Team AND Alan Warren, silver medallist. So if it's good enough for them.....

See you soon

Richard