



Bitternes Afloat

www.bitternesafloat.co.uk



THE KIT LIST

It can be very warm in the spring in Norfolk, but it is more often cold or very cold and it can be wet. **At least 3 changes of clothes are essential.** When the weather is cold, several layers of thin clothes will trap warm air and keep you much warmer than one thick item. Waterproof jackets and trousers are very important, so if you do not own and are unable to beg, borrow or locate, please contact your skipper or myself and we may be able to help. You should be prepared to keep one set of footwear just for wearing on board the boat.

Kit should be clearly marked with your name and your day boat name, wrapped in plastic bags and packed in a soft kit bag or frameless rucksack. The following is a suggested, not exhaustive list, but please bear in mind that space is limited. If you have any doubts or queries about what to bring please speak to a Skipper or contact the administrator.

- Warm underwear
- Warm socks
- Shirts
- Sweatshirts/jumpers
- Trousers/shorts/jogging bottoms (jeans can be very cold when wet & windy)
- Wash kit and towel
- Gloves for rope handling (e.g. old gardening gloves)
- Trainers or soft soled shoes (to wear on boat)
- Sturdy footwear (e.g. wellies or walking boots as the walk to the hall for meals can be extremely muddy)
- Warm hat
- Warm windproof/fleece jacket
- Waterproof jacket
- Waterproof trousers
- Slippers/soft shoes (for the hall)
- Sleeping bag
- Warm sleeping wear
- Torch & spare battery
- Cake of any sort to share with your crew - the bigger the better!
- Moisturising cream for hands and lip balm
- Sun cream for face (wind dries the skin even if there is no sun)
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