

## New England Sailor's Info letter and Packing List

### **Suggested Items**

Hat with a leash or neck strap

Sailing gloves

Sunscreen (35+ spf is recommended for the first few days)

Sunglasses

Text(s) (If you would like to have a set for reference)

Music player

Prescriptions/extra contacts/glasses

If prone to sea sickness, or unsure, you may want to pack motion sickness medicine e.g. Scopace, scopolamine (patch- usually by prescription), or bonine (over the counter).

### **Electronics**

Your yacht will have a 110v inverter on board to charge music players, ipads, laptops, cell phones and other small electronics. There is an USB connection on board. The inverter cannot power a hair dryer or a blender.

### **Safety Equipment**

The yacht is equipped with all required safety equipment, e.g. Pfd's, first aid kit, e-flare, vhf radio, etc.

### **Linens and Towels**

Linens and towels (wash cloth, hand towel and 2 bath towels per person) are provided.

### **Attire**

In general, the New England sailing community is casual when ashore. A sundress for the ladies and a polo or tropical button down for the men is as dressy as you'll need to be for dinners ashore. A sports coat is typically not required unless dining at a yacht club. A pull over or windbreaker is recommended as evenings on the boat can get "chilly" relative to the warmer days and a long sleeve, cotton shirt for sun protection. Also, a light rain jacket is recommended. Footwear is not required on the boat. However, if you prefer to wear sneakers or sandals, please make sure the soles are non-marking and have a heel and protected toe (flip flops and footwear without toe protection and a heel strap are not recommended).

### **Attire and Gear Specific to Coastal Passage Making Trainees**

Light foul weather jacket and light waterproof (shell) pants are recommended. Boots are not necessary. A couple of pairs of cotton socks are recommended.

#### **Additional gear for passage making students:**

Headlamp (white and red LED lights are best)

Personal Handheld GPS (optional)

#### **Provided:**

Inflatable PFD, harness and tether, jacklines, life raft, SPOT tracking

### **Gratuities**

We are often asked what is appropriate for instructor gratuities. A range of \$40-50pp for Basic Keelboat instructors and \$200-250 per person is customary for our Cruising instructors.

### **Getting to Us**

Our local number is 401 619-1697. Our office location is 47 Conanicus Ave, Jamestown, RI.

Please include your arrival details on your provision menu so that we can plan for your arrival.

### **Provisioning Onboard**

We ask that you submit your provision menu **one week prior** to the start of your course.

For **Cruising, Fast Track and Coastal Passage Making trainees**, please use this link to submit your preferences:

<https://www.nesailingcenter.com/new-england-sailing-center-provisioning-menu/>

For our **charter clients**, you are welcome to use our online provision service:

<https://www.nesailingcenter.com/new-england-sailing-center-provisioning-menu/>; or shop in person at McQuade's Marketplace which is a short drive or 15 minute walk from the marina: <https://mcquadesmarket.com/>.

***For those using our provisioning service, if you have any food allergies or strong dislikes, please indicate that on the form in the comments section.***

**Drinks and Additional Items**

For your drinking water and soft drinks, McQuade's Marketplace is a short drive or 15 minute walk from the marina. We recommend 3-4 gallons of water per person for the week. If buying the gallon jugs, it's also good to purchase a couple of single bottles that you can refill and keep in the cockpit cup holders. If you do find that you need more water, there are water refill stations in most of the anchorages.

Ice is available through the marina office.

Shopping for Beer, Wine and other alcoholic beverages:

Grapes and Gourmet is located in the marina: <http://www.grapesandgourmet.com/> .

Jamestown Wine and Spirits is a short drive from the marina across from McQuade's Marketplace <http://www.jamestownwine.com/>