

WHAT TO BRING ON A DAYSAIL

The following suggestions should be helpful in determining what to bring with you on a daysail. Please distribute this information to all participants. If you have any questions please call the Schooner Ernestina office (508) 992-4900.

CLIMATE

Dress Warmly! We can not stress this enough. Although it may be sunny and warm on land, offshore conditions can be quite cold, wet, and windy. If students are cold and uncomfortable it will take away from their experience. Bring layers of warm clothes, a sweatshirt, a sweater *and* a windbreaker so you are able to peel off layers if it gets warm. To keep healthy on warmer, sunny days include **sunscreen lotion**, a **hat with a brim** and a **bottle of water** - all can be useful in preventing sunburn and overheating. Chapstick can be important in both hot and cold weather.

CLOTHES/GEAR

Informal attire is advised. Wear comfortable clothes that you don't mind getting dirty such as work clothes. ~Schooner Ernestina is a century-old restored fishing schooner, tar and grease are a natural part of the shipboard environment.~ Keep in mind that stains of this type can be permanent. With regard to footwear, no special shoes are required, however we suggest comfortable shoes with no heels. **Rubber-soled shoes** such as sneakers are ideal.

IN CASE OF RAIN

We sail rain or shine. Good quality yellow or orange **foul weather gear** is highly recommended because of its durability and visibility. Please do not bring an umbrella. Ponchos and cheap plastic rain gear do not stand up well against wind, rain or shipboard use.

EQUIPMENT

Please feel free to bring:

Musical instruments, binoculars, cameras, video and sound recording equipment

Please do not bring:

Cell phones, portable radios, and personal Walkmans

This preserves the atmosphere of the sail as a shared, group experience, and ensures that no participants put themselves and others in an unsafe situation by being "zoned-out" or distracted with earphones and cell phones.

FOOD

We have a carry-on / carry-off trash policy on board. Consumable items must be kept in non-breakable containers such as a thermos or plasticware. Try to think "recycle" with regard to containers you bring. Please note that the vessel will not be responsible for storing or refrigerating any consumable items brought on board, unless prior arrangements have been made.

We have a strict NO GUM policy on board.

A FINAL NOTE

Few passengers get seasick on Schooner Ernestina. However, if you are worried about this, take an anti-seasickness medicine at least one-half hour before boarding the ship. We want your sail aboard Ernestina to be as enjoyable as possible!