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## Tall Ship 3-day Women's Challenge Gear List

Sailing on San Francisco Bay will expose you to a variety of weather conditions. It is best to be prepared with plenty of warm layers and water proof gear.

The list below is a suggested packing list for your voyage. If you need to purchase sailing or outdoor gear for your trip, the following are good sources:

**West Marine Stores:** [www.westmarine.com](http://www.westmarine.com)

There are West Marine stores in San Francisco, Sausalito, Oakland, Richmond and South San Francisco. And they have an online store, of course. They are a major retailer for sailing enthusiasts.

**Sports Basement:** [www.sportsbasement.com](http://www.sportsbasement.com)

The Sports Basement in San Francisco offers a wide variety of outdoor gear, typically at 20% below retail prices. They are located in the Presidio at the old commissary building (near Chrissy Field) and in SOMA, at 16<sup>th</sup> and DeHaro. They have an online store as well.

If you have questions about packing or shopping, please contact Christine Whitcraft [cwhitcraft@tallshipacademy.org](mailto:cwhitcraft@tallshipacademy.org) (415) 338-3704.

### **Clothing -- think layers!**

- 2 pairs sturdy pants (twill pants, wind pants and/or fleece are best – sweats are a comfortable alternative.)
- 1-2 shirts (tee-shirts, tank tops)
- 1-2 long sleeved shirts/turtlenecks
- 2-3 pairs warm (wool – not cotton) socks
- long underwear, both tops and bottoms (for warmth)
- underwear for 3 days
- 1 pair of shorts
- warm jacket (not down!, a heavy fleece is good-or 2 lighter fleeces/wool sweater)
- hat and gloves (for night watches, wool or fleece)
- rain gear (also called foul-weather gear in marine stores)--pants and a jacket. These should be wind and water proof
- 2 pairs comfortable shoes: sneakers and/or light hiking shoes will work. A waterproof pair of boots or hiking shoes are a great option.
- sleep wear

### **Personal Items**

- soap, and moisturizer (Baby wipes or similar pre-moisten face towels are a sailors friend -- called "shower in a box" on board)

- sun block, chapstick, etc.
- toothbrush, etc.
- hairbrush, hair ties, etc.
- sanitary supplies
- seasickness medication of choice \*
- hand towel—something light

**Other** (some of these items are optional)

- sunglasses and sun hat
- water bottle
- waterproof watch with a light (recommended)
- camera
- binoculars
- sketchbook and art supplies
- small flashlight
- reading material/journal
- sailing gloves
- The Complete Sailor by David Seidman

**Bedding**

- Bottom twin sheet and pillow case
- Sleeping bag OR sheet and warm blanket

\* **Seasickness:** If you haven't spent much time aboard boats, you may be concerned about seasickness. Although San Francisco Bay is relatively protected, people have gotten sick on the Bay and along the coast. If seasickness is a concern, there are several options you can consider. This is simply a list of known options; it is not exhaustive nor are we recommending any of these products:

- a. Sea Bands are elastic bands worn around the wrists. They are designed to put pressure on a pressure point that relieves nausea. Available at health food stores and West Marine.
- b. A higher tech version of the sea band is a watch-like contraption that sends electric pulses to block nausea triggers from the brain. Available at West Marine.
- c. Ginger is said to be a natural anti-nausea substance. Ginger candy, ginger snaps, ginger ale and tea made from raw ginger root have all been used as remedies.
- d. Over the counter drugs available at your local pharmacy such as Dramamine or Bonine. Dramamine often causes drowsiness. Bonine does not cause drowsiness and is as effective (if not more) than Dramamine.
- e. Prescription drugs available from your doctor: a scopolamine patch or meclizene.

If you are going to use any of these remedies, **we strongly suggest** that you give them a trial before you go to sea. Drugs affect each individual differently. None of these remedies should have adverse affects on land so if you try one and it makes you nauseous on land, it will not help you at sea.