Sailing Agency

Ohana

THE ESSENTIALS BEFORE YOUR COURSE

DON'T FORGET

- Sunscreen;
- Sneakers that do not stain the deck (preferably white soles);
- Polarized sunglasses;
- Reusable plastic water bottle, not metal;
- Snacks or meals if needed;
- Sportswear adapted to the weather (it's often cooler on the water!);
- Sports gloves if possible;
- Gratuity for the instructor;
- Sailing logbook to track your nautical miles if you wish.

SECURITY EQUIPMENT

- All safety vests and equipment are included.
- Preferably bring your life jackets for children 15 and under. Let us know in advance if you don't have any.

PHYSICAL CONDITION

- Only prerequisite: Arrive with a smile and the desire to learn;
- Be comfortable sailing in various conditions: sun, wind, rain and temperatures typical of the time of year in which the activities take place;
- Be comfortable with the fact that the sailboat may experience irregular movements due to wind and waves;
- Be comfortable participating in maneuvers, whether the boat is moored to the dock or in motion.
- We advise you to fill in the "medical info" section in the emergency call section of your phone. You can enter any information relating to allergies or health problems. Our instructors are First Aid & CPR trained and know where to get this information if needed. If you don't know how, ask your instructor before departure.



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