



# Captain In You Sailing Schools, Inc.

Mailing Address for checks: 311 Society Place • Newtown, PA 18940

---

## What to bring with you during your class?

Charts (Charts are on board but you are welcome to bring your own)  
Pillows and Pillow Cases  
Top and bottom sheets (Queen or bigger for both double berths and twin for salon single berths)  
Light blankets (optional but some might want due to air conditioning)  
Summer weight Sleeping bag if you prefer sleeping bag rather than blanket. You should still bring bottom sheet to protect cushions  
Hat and holder that attaches hat to shirt so it does not blow off  
Batteries in various sizes for your electronic gear  
Motion sickness medication (You may want to try out whatever you might use to see if it makes you drowsy). We recommend scopolamine transdermal patches  
Camera  
Off Deep Woods insect repellent (Most useful in hot summer months)  
Cell phone and charger  
Small flashlight on lanyard  
Suntan lotion  
Eye glass holder  
Leatherman Multitool (Optional)  
Sun glasses  
Wrist Watch  
Any medications you normally take  
Type V PFD. Our vessels have five Type 1 PFDs on board.  
Towel and wash cloth  
Soap  
Toiletries bag  
Rain Gear (Gallivant has Bimini and Dodger but still a good idea to have rain gear)  
Boat shoes  
Shorts and knit shirts for entire trip  
Bathing suit if you want to swim  
Water bottle



*An ASA Affiliated Sailing School*