



# Sailing – One Day Taster



**One Day Taster** – We ask that you arrive in our base marina at Las Galletas at 10:00. All our yachts are on the second pontoon. After we have said hello you will be allocated to your yacht for the day.

**Victuals** - Lunch on board is included, as is tea or coffee.

**Drinking water** – The water in the Canaries is safe to drink – but we do recommend that you boil it first as it has quite a high mineral content. We also supply bottled water for you to drink.

**Farewell Drink** – We hold a farewell drink on the Thursday evening at 18:30 – if you have time we would love to see you!

**Fuel & moorings** - Fuel and mooring fees are included.

**Recommended clothing** – The climate in the Canaries is temperate. You are recommended to bring with you shorts and t-shirts, a jumper/cardigan, long jeans/trousers and jumper for the odd cooler evening, shoes with non-marking bottoms for use on the boat, swimwear and something for dinners ashore. As the boat has limited storage space a sailing bag / holdall is the most suitable luggage.

**Waterproofs** - We lend you a shower / wind proof jacket (normally only needed for the sea spray). Please give it back to us at the end of the day.

**Sun protection** – Sun glasses, sun hat and non oily sun cream without carotene are a definite must!

**Music / DVD** – there is a CD on the boat (and a DVD player on Club Class boats), so please bring with you a CD / DVD or 2.

**Mobile phone charging** – There is a 12v “cigarette” style socket on board the yacht which is live even when sailing, and a 240v socket (Spanish type) for when connected to shore power.

**Medication** – If you are taking any medication please advise your Instructor on commencement of the course.

**Health care** – Health care in the Canary Islands is good, but it is a good idea to collect the EHIC form from your local post office or online at [www.ehic.org.uk](http://www.ehic.org.uk).

**Seasickness** - It is advisable to bring with you a seasickness remedy if you have suffered in the past.

**Departure** – We are normally back in our base marina at 16:00.

**Gratuities** - There is no requirement to give gratuities to any member of our staff.