



Tudor Cadets – What to wear

Cadets runs from late April to early September, during which time we see a wide range of sea and air temperatures. Therefore, the following list gives you an idea of wear.

- Buoyancy Aid or Life Jacket
- Wet Suit or Shorty or Wet Suit Shorts / Wet Suit Top / Rash Vest (hot days)
- Spray Top or cheap water proof jacket and/or Rooster AquaFleece (or equivalent) .
- Sailing shoes or boots or old trainers that can get wet.
- Sailing gloves
- Sun hat or helmet (depending on conditions)
- Sunglasses (depending on conditions)
- Sun tan lotion (depending on conditions)

Racers: -

- A watch with a countdown timer

Don't forget to bring:-

- Towel
- Warm clothes to change into
- A drink to keep you hydrated

Cadets will not be allowed on the water unless they are appropriately dressed for the conditions that evening.