Outdoor Adventure Program
Sunday Sailing Clinic

Destination
- Pensacola Yacht Club (PYC)

Drive Time
- 30 minutes

Meals Provided
- Participant provided

Itinerary (All times are subject to change.)

Day 1 (Transportation provided by OA)
- 12:15 pm: Meet behind HLS Rec Center (near Canoes)
- 12:45 pm: Arrive at PYC
- 1:00 pm: Prep for sailing, begin Sailing Clinic
- 2:00 – 2:15 pm: Start Sailing
- 3:15 pm: Head back to shore
- 3:30-4:00 pm: Cleanup/ Closing
- 4:30 pm: Arrive at UWF

Day 1 (Participant provided transportation)
- 12:45 pm: Meet at PYC (the beach to the left of the main PYC Club House)
- 1:00 pm: Prep for sailing, begin sailing clinic
- 2:00 – 2:15 pm: Start Sailing
- 3:15 pm: Head back to shore
- 3:30-4:00 pm: Cleanup/ Closing

Payment
Register at https://recreation.uwf.edu/ or the HLS Recreation Center Service Desk.

What to Bring
- See packing list below

outdooradventures@uwf.edu • 850-474-2819 • uwf.edu/recreation/outdooradventure • building 72
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Basic Sailing Clinic Packing List

Must haves

- Any necessary Medication (inhaler, insulin, pain relievers)
- Life Jacket (PFD)
  - Life jackets will be provided if you don’t have your own
- Sunscreen
- Hat/Sunglasses
- Bathing suit
- Towel
- Extra change of clothes
  - Shirt
  - Pants
  - Shorts
  - Socks
- Jacket
- Wetsuit (optional)
- Poncho or rain jacket (in case of rain)
- 2 Liters of water
- Water/Close toed shoes
  - NO flip flops
- Gloves
  - Sailing gloves or gardening gloves will work
- *Clothing should coincide with the location/climate/weather during the time of the trip. Try to avoid anything cotton, especially jeans.

Optional

Band-aids
Bug Spray
Camera
Plastic bags for water proofing
Camel back

*Please do not bring anything with you into the outdoors that you are worried about. If whatever you are bringing cannot withstand being wet, dropped, crushed or lost please leave it at home. Some examples of things that do not do well on camping trips are IPods, cell phones, laptops, expensive jewelry or large amounts of money. Please pack accordingly.