

What to pack for your residential visit to UKSA

To help make sure you're fully prepared for your trip, we've put together a list of what you need to pack.

Safety on the Water At UKSA

At UKSA the safety of our visitors is of the highest importance. Every person going afloat is required to wear suitable protective clothing determined by the nature of the activity, the likely weather conditions and the ability of the student. UKSA is providing all specialist equipment.

Helmets

Every student and member of staff attending UKSA will be issued with a helmet, except for keelboating and powerboating. Certain hairstyles can impede the safety of the helmet for example braids, plaits, ponytails and buns. These hairstyles can raise the helmet above the head resulting in the helmet covering less of the head than it should, leaving part of the sides unprotected. Raising the helmet on the head destabilizes it by moving the sides that normally keep the helmet steady, up and away from the sides of the head.



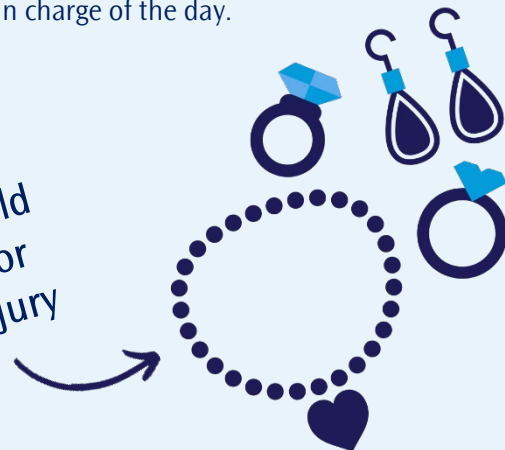
Safe & comfortable

If possible, UKSA recommends that visitors remove their braids and wear ponytails and buns at the bottom of the head, beyond the bottom of the helmet. Final decision will always remain with the instructor in charge of the day.

Jewellery

We advise jewellery is left at home. Wearing jewellery during activities may cause injury and you may be asked to remove it by the instructor in charge of the day.

These could get lost or cause injury



We supply

Everything to keep our students safe and warm. Wetsuits, buoyancy aids, safety helmets and any other kit required for the activity sessions are included.



What to pack for your residential visit

Essentials you need for activities:

- Water bottle
- Swimming kit and towel
- Sunglasses, sun cream & hat
- Cord for prescription glasses to ensure that if glasses fall off, they are secure and don't go into the water
- Clothes which can be layered for activity sessions – these will get wet
- A pair of wet shoes or old trainers that you don't mind getting wet and muddy (wet shoes are preferable)
NB: Flip-flops, crocks and wellington boots are not suitable
- A rash vest or T-shirt to wear underneath your wetsuit – this will get wet; if you wear a T-shirt underneath, please bring a separate one for each day, as they won't get dry overnight
- Optionally a pair of leggings to wear underneath the wetsuit
- Casual clothes for land-based and evening activities
- A second pair of shoes for land-based activities and casual wear
- Gloves, hat and scarf – if you are visiting us in the winter



For your accommodation:

- Toiletries
- Bath towel
- Pyjamas & slippers
- Large plastic bag for dirty clothes
- Water bottle
- Reusable, lidded cup for hot drinks – if hot drinks are allowed or hot chocolate has been pre-booked, please check with your school.

Other things to consider bringing with you:

- Books, playing cards, travel games & other quiet activities
- Torch
- Glasses strap – to secure glasses around your head when on the water
- Money for snacks and souvenirs*

*We suggest that students bring only a small amount of spending money in change to use when they are on their residential trip. £10 would be suitable.

UKSA cannot take responsibility for loss, theft or damage to your personal property. Therefore, we recommend that valuables are left at home.