

**Solent Boat Training** 02380 658 790

**Marine Training Centre - Southampton** 02380 659 944

Powerboats - Motorboats - Sailing Yachts - Keelboats - Jet Skis - Theory



## SBT 5 DAY CRUISE DETAILS

### Event Summary

5 days of sailing cruising west towards Lyme Bay. Entire event is on board our Bavaria yacht including accommodation

### Basic Details

Location	Shamrock Quay (see map below)
Start Time	Registration 9.00-9.20am - Event Start 9.30am
Finish Time	Approximately 5.00pm on final day
Duration	5 Days
Lower Age Limit	16 Years
Car Parking	parking fees apply (this is half price for SBT students)

### Pre Event Preparation & Requirements

RYA Competent Crew or above.

### Recommended Publications

RYA Yacht Sailing Techniques G94 ( £15 from RYA website ).

### Event Content

Simply a 5 day skippered sailing cruise towards the west country and beyond. Stopping to enjoy locations such as Poole, Weymouth, Brixham, Dartmouth & Salcombe.

### Ability After Course

Improved knowledge for sailing a cruising yacht.

### Certification

No certification for this course.

### Accommodation

Clients are required to stay on board the yacht.

If staying onboard you will need a double base sheet, pillow and either a sleeping bag or duvet. If you do not bring bedding you can not stay onboard.

## **Clothing & Equipment**

Your course is conducted mostly at sea, so the correct clothing is important. We can loan you a specialist waterproof jacket and trouser set called “foul weather gear”.

You will need to bring the following :-

Footwear: Boating boots or shoes are ideal, but not essential. Trainers or soft soled boots work well. Have a change of footwear as you will get wet feet at sea.

<http://www.force4.co.uk/department/clothing/footwear.html>

Inner Layers: Several layers work better than a single thick layer. Have several changes of clothes in case you do get wet and to last the duration of the course. Depending on the time of year you might want to consider bringing gloves, a hat, sunglasses and sun cream. Each overnight stop will have shower facilities, so do bring a towel etc as you will have been exposed to seawater.

## **Food**

The yacht used for your course has a full galley fitted with a twin burner gas hob with oven and also a fridge. SBT provides tea, coffee and milk for the duration of the event. Clients need to always have a quick and easy lunch prepared or bought ready for each day at sea. Most of the marinas we visit during the course have places to buy lunch and groceries.

Evening meals are a mixture of crew meals cooked onboard, takeaways and the odd meal out. These are all at the clients expense.

We suggest you bring at least 3 days worth of supplies. There will be a mid cruise chance to restock.

## **Directions To Our Training Centre**

By Train: We are about 1.5miles from Southampton centre railway station.

By Car: Our address is above, the maps below will help you find our centre.

**Shamrock Quay, William Street, Southampton, SO14 5QL**



## Car Parking

All visitors to Shamrock Quay are allowed 3 hours of free car parking.

For long stays charges apply as detailed on :-

<https://www.solentboarainig.co.uk/car-parking>