

Phil's Adventure Sailing School

Course Required:
Name:
Address:
Postcode:
Tel No: Home: Mobile:
Next of Kin: Name: Address:
Tel No:
e-mail:
Occupation:
Date of Birth:
Medical Conditions: (if none, write none)

I declare that to the best of my knowledge, I am not suffering from epilepsy, any disability, asthma, diabetes, angina, heart conditions and I am fit to participate on the course.

Completed RYA courses
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Previous sailing experience
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.....
.....

Other

Any special dietary requirements
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Signed Date

A 50% deposit is enclosed subject to our terms and conditions, made payable to: P J Webb, 14 The Green, Milford, Stafford. ST17 0UR.

Phil's Adventure Sailing School

JOINING INSTRUCTIONS

Sailing courses start at 1900 hours on the evening before the first day.

You will be met in the car park at Holyhead Marina on arrival – *phone Phil on 07870 274881.*

A below decks safety briefing will be given aboard “Maracuja”, our Sunfast 37.

Parking is available in the Marina car park (free).

How to get there:

**A55 to Holyhead, then follow brown Marina signs.
Postcode LL65 1YA.**

Phil's Adventure Sailing School

What to Bring

- **Fleece clothing**
- **Warm trousers**
- **Warm pullovers**
- **Polo shirts**
- **Thermal underwear**
- **Thick socks**
- **Foul weather gear (oil skins)**
- **Gloves, scarf, woolly hat**
- **Rubber-soled deck shoes**
- **Sea boots**
- **Sleeping bag**
- **Pillow**
- **Towel and toiletries**
- **Camera**
- **Any medication**

In summer, don't forget shorts, teeshirts, sunglasses and suncream.

As storage space is limited, a soft holdall is preferred as suitcases are unsuitable.

INSURANCE

Phil's Adventure Sailing School carries mandatory public liability and third party insurance. We strongly recommend that you arrange your own accident, injury, loss of personal possessions and cancellation cover. Some home policies cover this. Holiday insurance policies are widely available, Post Office, Tesco etc.

FOOD

All onboard meals are included. Breakfasts include cereals, toast, fruit juice or bacon and egg. Lunch is generally soup and sandwiches as this is easy to prepare whilst on the move. Evening meals include Beef in Red Wine, Spaghetti Bolognese, Chilli con Carne, Sausage and Mash, Chicken Curry. Vegetarian meals are available on request.

ALCOHOL

Students are welcome to bring beer or wine to accompany their evening meal, however no alcohol is allowed whilst we are sailing as this can endanger you or your crew mates.

Some evenings we will be moored alongside, so those who wish to can stretch their legs and visit the local pub.

Smoking is only permitted above decks in the cockpit.