

Advanced Weeklong Course Checklist

ASA 105, 106

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**Thank you for choosing San Juan Sailing for your sailing instruction!
We hope you will find this checklist helpful for your planning.**

STUDYING

- **Pre-study is vital to the success of your course.** You will want to come fully prepared, using the texts along with the course curriculum, prior to your course. You'll be too busy with hands on sailing to spend hours studying!
- The following texts are required: ASA 105: *Coastal Navigation* by Mike Pyzel; ASA 106: *The International Marine Book of Sailing*, by Robby Robinson **OR** *Annapolis Book of Seamanship* by John Rousmaniere. You can order the texts directly through ASA at 310-822-9557.

ABOUT YOUR CLASS

- Sailing can be a rigorous endeavor, particularly when learning. **Be prepared to be very active while on a moving boat.** If you are very sedentary, it would be a good idea to start a moderate exercise program including some upper body training.
- We provide all of the food for your class except for one evening meal ashore and lunch the day you arrive. The meals are excellent (salmon, steak, etc.), but let us know if you have any dietary constraints by returning the student survey. This form is required prior to the start of your course.
- Alcoholic beverages are allowed at dock or at anchor, with a limit of 2 drinks for the safety of all aboard. We do not provide alcoholic beverages, but feel free to bring your own.
- Many people ask us if it is common practice to tip their instructors. It is. Tip size varies and is left to your discretion. 10-15% is common or \$25/day.

PRE-BOARD OPTION

- If you would like to pre-board on Friday, please contact us at least **2 weeks in advance** (if you haven't done so already). The cost to pre-board is \$25/person. Your boat will be ready between 7-9pm. When you check-in, a specific time will be given.



TRAVEL

- Written directions to SJS are located below.
- Please arrive at 8:30 a.m. on Saturday, ready to take your Coastal Navigation (ASA 105) exam. This will take approximately 2-3 hours. If you have already completed ASA 105, you may arrive at 11:45. You'll check in and then head over for lunch at a nearby restaurant with your crewmates and instructor (menu items range between \$8-15/person).
- Hertz and Avis offer one day/one way car rentals with no drop-off fee between the Sea/Tac and Bellingham airports.
- There are several connection flights offered daily by Horizon Air, between Bellingham & Seattle (SeaTac).
- The Airporter Shuttle provides van service between SeaTac and Bellingham (www.airporter.com).

PACKING LIST

When packing, think layered and compressible. Soft bags rather than hard luggage please!

- We provide all bedding (comforter, pillow and linens). You are welcome to bring your own sleeping bag.
- Earplugs (to block out sound at night, if needed)
- Bath towel, shower flip flops & personal toiletries
- Layered clothing – be prepared for comfort in a variety of weather conditions, both warm and cool. Suggestions include shorts and long pants, long underwear or base layer, warm cap, sun hat, fleece top/pants, fleece or wool socks, long and short sleeve shirts, bathing suit.
- Wind-breaker and rain gear (need not be expensive)
- Soft-soled non-marking shoes
- Sailing gloves (optional)
- Sunscreen and chapstick with SPF
- Textbooks for course
- Camera and music (optional)
- Calculator and mechanical pencil with eraser
- Personal Water Bottle
- Quarters for showers ashore and laundry.

Directions to San Juan Sailing:

Drive north on I-5 from Seattle. Take exit 256A "Meridian Street" once you reach Bellingham. Left onto Meridian Street. Right onto Squalicum Way immediately after driving over railroad tracks. Follow Squalicum down to waterfront. Right on Coho Way after driving over railroad tracks again. Turn right at the 4-way stop in the parking area and you should see our office.

Maps available at www.sanjuansailing.com.

2615 South Harbor Loop, Suite #1 / Bellingham, WA 98225