**Gear**

-Lifejacket

-Hat and Sunglasses

-Sailing boots/Running Shoes (bare feet if you’re brave)

-Water/Simple Snacks for between races

-Rashguard is great for extreme heat. Any sort of technical shirt/bathing suit will work fine.

-Wetsuit and/or Dry Top or Rain jacket can be worn for colder conditions or if winds are strong/splashy conditions

-Sunscreen if needed

-A High UV Buff is a great way to keep the sun off your neck, ears, etc

-Waterproof watch with timer

-420s often need a bailer