

Team Building Agenda*

- Introduction and sailing basics – 20 minutes
- Topside boat systems, boat handling at the dock, and safety discussion – 10 minutes
- Hands-on sailing instruction – 3-1/2 hours
- Putting the boat away and additional questions – 20 minutes

*Times indicated are approximate – please arrive on time.

Suggested Equipment*

- Hat
- Tennis shoes (no boots or marking soles)
- Warm clothes (preferably layers), windbreaker
- Sunglasses
- Water/juice (alcohol in moderation please)
- Personal medicines
- Snack and/or lunch
- Camera

*Lifejackets and basic equipment are provided