



Practical Sailing course Joining Instructions



Checklist

Clothing

- ☐ 3-5 T-shirts
- ☐ Comfortable trousers / tracksuit (no jeans)
- ☐ Scarf
- ☐ Deck shoes / sailing boots
- ☐ Thick socks
- ☐ 2 swimsuits
- ☐ Gloves (neoprene, if possible)
- ☐ Fleece / jumper
- ☐ Casual evening wear
- ☐ Windproof jacket
- ☐ Sun hat

Toiletries & medicine (no limits for duty-free liquids)

- ☐ Sunscreen
- ☐ Prescription medicines
- ☐ Hair conditioner
- ☐ Toothpaste & Toothbrush
- ☐ Antihistamine cream
- ☐ Anti-seasickness tablets
- ☐ Mosquito repellent

Documents

- ☐ Passport photo (only for Day/Coastal Skipper students)
- ☐ ID card or passport and visa
- ☐ Health insurance card for the EU
- ☐ Holiday insurance
- ☐ Currency (Euros)

Equipment & useful extras

- ☐ Sunglasses with lanyard
- ☐ 2 pin plug Schuko adapter
- ☐ Earplugs for uninterrupted nights
- ☐ Reusable water bottle
- ☐ Head torch with a red light mode

Already on board

- ✓ Bed linen, covers and blankets
- ✓ Shower towels
- ✓ First aid kit



Touching Base

From ATH airport, Athens

Public transportation: Take X96 bus to “1st Kalamakiu” stop (1hr 15min ride)

Taxi: One-way fares are approximately: €50 up to 4 persons

From Central Athens (Syntagma)

Take T6 tram to “Pikrodafni” (35min ride)

Most used taxi ride App: “Uber”

Meeting point

Your Instructor will pick you up from our meeting point at

→ [Dia Noche Café](#)

and escort you to the yacht, where we introduce ourselves to each other. We put to sea in the morning, once you're feeling refreshed.

Meeting time

Practical Sailing courses

- Sunday at 18:30

From bus or tram stop to Dia Noché





Provisions on board

Greece is hardwired with its tasty cuisine. This highlight is part of your SAILOR SUIT experience.

Provisions on board

On Monday, we expect delivery of water bottles, fruits, vegetables and ingredients for at least two meals.

Preparing meals on board

Learn how to use the yacht's equipment to prepare meals

Dinners - Experiencing Greek cuisine

Not included in the price, we will be enjoying dinners in local restaurants





Useful information

Emergency contact details

- Principal & Chief Instructor
Costa Tzaneris
m +30 698 675 6313 (GR) | t +41 76 779 80 98 (CH)
E academy@sailorsuit.org

In and around Alimos Marina

Inside the marina you will find:

- Café-Snack Bar Dia Noche
- Toilet and shower blocks next to Dia Noche

Around the marina, in less than 500m there are:

- Cafés and restaurants
- Pharmacy
- Supermarket
- Chandleries

We are looking forward to welcoming you in Athens!