

A large, rugged cliff with a sailboat in the foreground.

# 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 undisrupted 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 Nochē*





# 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](mailto: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
- Chandceries

We are looking forward to welcoming you in Athens!