

Frequently Asked Questions about sailing with Go West Sailing

If you have any questions which are not answered on this page, please either [phone](#) or [email us](#).

Who is Go West Sailing?

We are an RYA recognised training centre based in Scotland.

Where are we located?

Our practical courses are run from beautiful Largs Yacht Haven, Irvine Road, Largs, [KA30 8EZ](#)

Who are our instructors?

All of our instructors are certified by the RYA, with many years of experience.

How can I pay?

Please use our booking system, or alternatively please bank transfer to Santander, Sort Code: 09-01-29 and Account Number: 18335554 and use your name as a reference.

What is included in the price of a practical course?

We are proud to offer our courses on an all onboard expenses inclusive basis. We provide all onboard meals and snacks, fuel, gas and harbour fees. It is normal for the crew to eat out a couple of times a week during RYA or adventure sails.

Should I eat before I join?

We do not provide an onboard evening meal for the crew upon arrival. We recommend the crew to either eat prior to arrival or visit the local restaurants/fast food outlets after the initial briefings (usually complete by 8.30 pm). There is usually a selection of snacks onboard.

What is not included in price?

Optional extras are oil skin hire, meals or activities onshore and end of week cleaning. If you are doing a RYA course then you should bring your RYA logbook.

What is included in the price of a shorebased course?

Upon arrival in the classroom, or through the post if you are a Zoom student, we will supply you with your Student Pack. The contents of the pack will vary depending on the course. Items that will not be included in the pack, but which you should bring with you are: pen/pencil, eraser, notepaper and, most importantly, dividers and a (plastic) chart plotter. If you do not have dividers and a plotter we recommend an online supplier or chandler. We can supply these items but we do need to receive your order when you book the course. Although we do not supply lunch, we do have kitchen (microwave oven and sink) facilities. We do have tea/coffee available.

Can children come sailing?

Minors are welcome if accompanied by a parent, guardian or chaperone. Our policy on young people is available on request.

What should I bring with me?

Please bring your own sleeping bag as the weather in Scotland varies. We provide a bottom sheet, pillow and pillow case. You will also need:

- Warm, waterproof clothing
- Wet weather, non-slip shoes for on deck with white soles
- Sailing gloves
- Shoes for on shore
- Warm layered clothing
- Towel
- Toiletries
- Device chargers
- Sleeping bag
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There are a few other things to consider, such as:

- Mosquito repellent
- Sun cream
- Lip balm
- Flip flops
- Sun hat
- Any medicine required

Sailing gloves are highly recommended.

Which course is for me?

Please check [course descriptions](#) for requirements. Alternatively, please [contact us](#) for advice.

Do I need to be fit?

Sailing is a physical activity requiring reasonable fitness and strength. If you are unsure please call or email for advice. You should also contact your medical practitioner if you require guidance.

Can you accommodate my dietary requirement?

We can accommodate most dietary requirements. Please [contact us](#) for advice at your earliest opportunity.

When do courses usually start and finish?

Our RYA courses start in Largs on Sunday evening at 6.30 pm and finish on Friday afternoon at approx 2.00 pm

Do I need a passport size picture?

Yes, for Day Skipper, Coastal skipper courses and Yachmaster Exams courses you will need to bring a passport size photograph.