

First Grab-Bag (Base)

- Waterproof torch(es) with spare batteries
- Watertight strobe light with spare batteries
- Scissors with a sharp knife and tin opener
- Sharp knife
- Seasickness tablets (min 6 per person), antibiotics, painkillers etc.
- 2 x red parachute and 3 x red handheld flares
- Gloves for use with flares
- Nylon string and lengths of line or string
- Needles and twine
- Duct tape
- Ziploc plastic bags
- Rubbish bags
- Bottled water (e.g. 4x0.5L) – leave some air in the containers to ensure that they can float
- Signaling mirror, whistle and fog horn
- Handheld marine compass
- Thermal/Survival blankets
- Distress V sheet
- Bailer & Sponge (hint: you can make a bailer from a bottle)
- Liferaft repair kit
- Survival manual / table of life-saving signals
- Survival navigation kit: quartz watch, school protractor & plastic ruler for improvising a quadrant, equation of time graph and noon sun table, photocopy of chart or a sketch for the area
- Waterproof notebook & pencil
- Waterproof matches & lighter
- Liferaft fishing survival kit (fishing line, hooks, lures)
- Baby wipes & toilet paper in a waterproof bag
- Supply of emergency food (tinned food and high-energy food)

- Graduated drinking vessels
- Chemical heat packs
- Sunscreen, lip balm, sunhat, sunglasses
- Cutting board
- Pack of cards to keep up morale
- Swimming goggles to be able to see in bad storms
- Waterproof mobile phone
- Ship's papers and passports (or laminated copies)
- Credit card and some money
- Extra batteries / Powerbank for charging communication equipment
- Numbers / Channels to dial to call for help

Second Grab-Bag (collected from around the boat in an emergency)

- EPIRB & PLB
- Watertight handheld VHF and GPS with spare batteries
- Satellite phone with waterproof cover and spare batteries
- SART (search and rescue transponder beacon)
- First aid kit stored on board (medical supplies), prescription medications
- Additional water and food
- Additional flares stored on board
- Drysuits, warm clothes (ideally wind and rainproof) and blankets
- Binoculars
- Large plastic container / Basket
- Charts and navigation tools
- Sextant and Publications (almanac, sight reduction tables, and proformas as a minimum)
- Ship's documentation and logbook
- Cockpit cushions (anything that can isolate you from the cold bottom of the liferaft)
- Solar charging kit
- Desalination kit (handheld watermaker)
- Sea anchor with a swivel and more than 30m of line

Crew personal Grab-Bag

- Wallet with passport, visas, bank cards, money, ID, driving license and medical insurance
- Mobile phone and charger
- House and car keys
- Personal medications