

The list contains general suggestions for what you should pack. You should adjust it depending on the trip and personal preferences.

Pack to a duffle bag or travel frameless backpack that can be rolled because they are easy to stow. Regular airplane-type travel suitcases might be hard to stow in the boat. Ensure that the baggage weight is within the limit of your flight and that sharp objects (eg. Penknife, Divider) and liquids larger than 100ml are stored in the registered luggage.

## Most important

- Payment/Credit cards and some money to avoid currency conversions and fees which might be high in some countries. Prepare also money collected for all food consumed onboard, harbour fees, diesel etc. (*as stated in the trip description*)
- ID and passport (valid for at least 3 months longer than the intended period of stay)
- Travel tickets - train, plane, coach, etc.
- Insurance policy (KL, NNW) and European health insurance card (EU members)
- Other documents you may have: student card, sailing license and log book
- Contact list (family, crew and skipper)
- Itinerary including detailed info about the embarkation point, train/plane schedules
- Phone with roaming and charger
- Glasses (with a strap in case they fall off) or contact lenses
- Underwear: fresh set for everyday
- Thermal underwear: for upper and lower body
- Socks: a mix of thinner socks and some thicker
- T-shirts, polo shirts or long-sleeved shirts: bring many
- 1-2 pairs of light hiking trousers or soft-shell trousers
- Fleeces and jumpers: one thick to keep you warm
- 1-2 long-sleeves
- Casual clothes: a selection of shore clothes for the evening out
- Woolly hat for overnight chilly passages
- Snood, scarf or balaclava

- Boat shoes with nonskid soles (e.g. sneakers or sandals that cover the toes): used exclusively on board to ensure we keep the yacht clean when returning from shore (make sure they don't leave marks on deck)
- Walking boots: great for exploring ashore
- Flip flops: essential for those dirtier shower floors in some marinas
- Sleeping bag: a low or medium-weight sleeping bag as boats are generally warm inside
- Towel and toiletries: toothbrush, toothpaste, shower gel, razor, deodorant, refreshing wipes, hand disinfectant gel and whatever else you need. Women additionally: hairbrush, elastic hair clips, pads/tampons etc.
- Sunglasses and sun cream: polarized sunglasses are recommended at sea as the UV is reflected off the sea and can damage your eyes. Good strong sun cream is recommended for the same reason
- Medications: you should bring some sea sickness medications even if you don't think you'll be affected. Buy seasickness tablets (dimenhydrinate 50mg). Alternatively, get Scopoderm plasters with Scopolamine. They work well for a lot of people and last very long (one plaster lasts 3 days). You can buy these in any pharmacy (they are even refunded in some countries if prescribed by a doctor). Sea bands also work great for some people but if you do not know, just stick to the above. A first Aid kit is on board but if you need any other medications such as anti-histamine, blood pressure tablets, insulin, epi-pens etc, please don't forget these
- Head torch with spare batteries: bring one even if no overnight passages are planned
- Waterproof jacket, ideally with hood and salopettes also known as oilskins/slickers (e.g. Musto BR2 Offshore). It does not have to be a sailing brand or expensive but should stand a few hours of rain. You have to stay dry to be warm!
- Sun hat
- Shorts
- Swimsuit
- Swimming shoes to protect feet from sea urchins (e.g. Mediterranean)

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### May come in handy (optional)

- Snorkel with mask - sometimes it is on the yacht equipment
- Waterproof boots with a good grip: not necessarily sailing boots – even normal rubber wellies will be fine as long as they do not leave marks on the deck. This will protect you from rain and waves coming over the deck
- Penknife or Leatherman - similar to mountain trips you use them often
- Inflatable lifejacket: if you have a quality lifejacket you should take it (be sure to unscrew the CO<sub>2</sub> cylinder before storing it in registered luggage)
- Electronic equipment of choice (camera, mp3, laptop, GoPro) with chargers
- Waterproof covers (phone, camera) if you have one

- Sailing gloves for more grip and protection
- Thermal mug or bidon, ideally with a wide rubber bottom so that it does not slip
- Powerbank
- Guitar or another musical instrument, if you play one
- Socket adapters: necessary in some countries
- Clips for hanging clothes (there are usually some clips on the boat)
- Running equipment, if that's your thing
- Travel guides and books
- Wrist watch with seconds precision: essential for long ocean passages with celestial navigation. The best is a simple digital Casio watch with led light that you can buy for 18 Euros or so
- A small pillow: can be used in the airplane as well. There are pillows on the boat though
- Navionics on your phone: amazing app for navigation (trial can be used for 14 days)
- Weather forecast app on your phone: PredictWind Offshore and/or Windy are one of the best
- Spare glasses: in case they fall off
- Spare phone: in case your normal phone gets damp
- Earplugs and sleep mask
- Pyjamas
- Pen, pencil and paper (notebook)
- Printed out proformas: details will be sent as part of joining instructions

## Notes:

USB charging points can be used underway but normal 230V AC power outlets work only when the yacht is connected to shore power in the marina.

The standard equipment of the galley (kitchen) includes full tableware (plates, glasses, cutlery), pots, frying pan, kettle and various additional elements so do not take these.

Depending on the trip duration you may take less or more clothes. Some marinas have washing machine facilities so you may be able to do laundry along the way. But this is not guaranteed, so bring enough sets of clothes to last you for the whole trip. You can handwash some stuff in the marina too, if necessary, but water is at a premium on board so it should be avoided underway.

Do not worry too much about what to take and if in doubt bring more. So long as you have warm clothes, a hat and your usual toiletries, you will be fine. If you have any questions, do not hesitate to ask.