

## What do I need to take with me when I go sailing?

If you don't want to put your foot in your mouth the first time you step on board, you should leave your hard suitcase at home - that makes sense! The storage space on board is limited, the best way to stow travel bags and backpacks. A duffel bag is of course also a top solution, you can crumple it up really small, and some are even waterproof!

As little PLASTIC PACKAGING as possible: Take everything that is possible already unpacked, e.g. cardboard overpacking of the sunscreen. Shower gel can be perfectly replaced by solid soaps, which are now available in drugstores in excellent quality, even for hair.

From experience we can say, everyone packs too much. We have a washing machine on the ship, which can also be used if necessary. Better to take a little less, then you will also get along much better with the storage space.

### Clothing (Sailing)

Decent sailing clothes are a must in your luggage! Wind- and waterproof jacket and pants and sailing shoes (no dark soles) please take with you. Hiking clothes are a good substitute if you don't have sailing clothes.

- Sunglasses (polarized lenses reduce reflections on the water)
- Sailing or rain jacket (with a hood)
- Sailing or rain pants
- (Boat) shoes are not compulsory for us, but if you want to wear some, then with light soles and fine tread (to prevent small stones from getting stuck in the soles and then causing scratches on board). Under no circumstances can the street shoes be used as board shoes at the same time.
- Rubber boots (light-colored soles, fine profile) only necessary for "pure sailing"
- Hat, sun hat or cap and possibly a hood for night sailing.
- Sailing gloves (alternatively bicycle gloves)
- swimwear
- change of clothes depending on the sailing area (functional clothes that dry quickly are advantageous)
- if necessary long clothing as sun protection
- sleeping garment
- Bathing slippers/flip-flops (for sanitary facilities in harbors) and water shoes (sea urchins,...)
- toilet bag and necessarily **microfiber** towels and bath towel
- Automatic life jackets are available on the ship
- If necessary sneakers for small hikes

### Documents

- Identity card or passport (pay attention to validity!)
- Visa (if necessary)
- Health insurance card or health insurance abroad
- Driving license (to rent a car or scooter if necessary)
- Sailing licenses if available
- Cash (in local currency) for the board cash, for restaurant visits etc.

- EC card and/or credit card
- Copy of your passport (helpful if you lose the original)
- Flight or train ticket
- If necessary do not forget your vaccination card!
- "pure sailing" recommendation: All fellow sailors bring a sealed envelope on board, on which the name and a contact person or an emergency number are noted. In this envelope the personal medical history is deposited - with allergies, sensitivities, special features, etc. The envelope can be opened by the skipper in case of emergency.

### **For sleeping**

- Sleeping bag
- Bed sheet
- Pillow and cover are on board
- Earplugs (e.g. Ohropax - they help against unfamiliar noises on the ship, hitting halyards etc.)

### **Personal**

- Mobile phone plus charger and headphones
- Camera plus charger
- Flashlight or headlamp incl. spare batteries (necessary for "pure sailing")
- small backpack for day trips - optional
- Glasses strap
- diving goggles, snorkel ( fins size 39 -42 available)
- guide book
- reading material
- playlists for your cell phone
- Medication
- Mosquito repellent