Crew kit checklist

*****Please pack in soft bags as stowage space will be limited. Any suitcases may be thrown overboard!*****

As well as your normal travel clothes, wash bag and personal items please pack the following. It's important to pack light as space is limited. Launderette facilities will usually be available at some point during the trip.

- [ ] Oilskins (ideally – if not normal outdoor waterproof top and bottoms will suffice)
- [ ] Sea boots
- [ ] Warm hat, scarf, thick socks and gloves
- [ ] Thermal underwear
- [ ] Thick jumper or fleece
- [ ] Sneakers, with non-marking soles
- [ ] Complete change of dry clothing, including jumper, well tied up in a bin bag
- [ ] Sunglasses
- [ ] Sun cream/sun block
- [ ] Sleeping bag - synthetic is better than down
- [ ] Towel and swimming kit
- [ ] Torch (ideally head torch with red option for night sailing)
- [ ] Ear plugs (essential for noisy bed fellows)
- [ ] Eye mask
- [ ] Personal medication*
- [ ] Passport (also any VISA and vaccination documents if applicable)**
- [ ] UK-issued Global Health Insurance Card (GHIC) or European Health Insurance Card (EHIC), or Medical insurance that covers travel to EU

All safety equipment, including lifejackets, will be provided. Also pillows and pillowcases.

*You must let the instructor know about any serious medical conditions such as (but not limited to) diabetes, epilepsy, heart condition or severe allergic reactions. If you have poor eyesight then please bring a spare pair spectacles incase your main pair are lost or broken.
**For offshore passages - passports and other essential documents may be collected by instructor incase of emergency disembarkation.