



Kit list

Below is our recommended kit list for your voyage — remember you only have a small space to stow your belongings. Think carefully and logically about what you'll need.

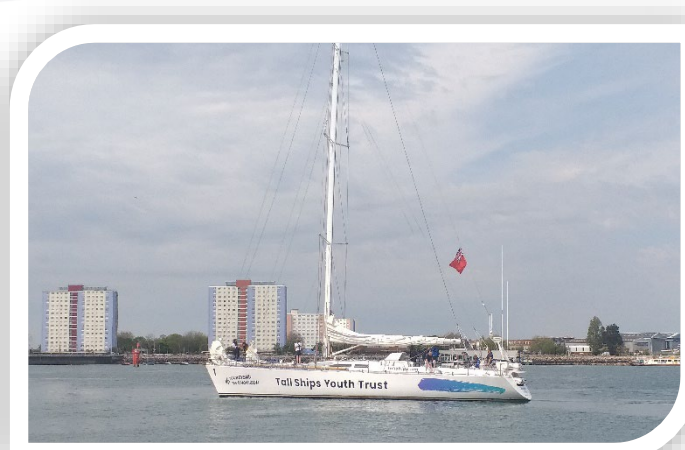
Consider the weather, location (UK or abroad) and time of year. Remember it's generally colder at sea than on land. You could spend a lot of money on specialist sailing gear but don't worry; most people just bring sensible warm and outdoor clothing from their wardrobe.

Top tips

- **Holdalls** – Bring your kit in a soft, squashable holdall or rucksack (maximum size 75 litres). **Do not** bring hard suitcases, solid, framed or wheeled bags – it must be able to squash down into a small space
- **Sleeping bags** – We suggest 3-4 season hollowfibre sleeping bags, although it can get quite warm below deck during the summer months. Cotton and duck down bags will not dry out if they get wet, so opt for a synthetic fibre. Bring a sheet to line your bunk to help keep the canvas clean for you and other voyagers
- **Towels** – Big cotton towels take a long time to dry, end up smelling and can make your cubbyhole damp. If you have one, bring a lightweight, sports microfibre towel as they dry quickly and are invaluable for an easy life onboard
- **Feet** – There is a chance that your feet will get wet while sailing. We recommend bringing a spare pair of trainers that you don't mind getting wet or invest in a pair of sailing wellies. The chance of getting wet feet will be higher on offshore voyages and during the winter months
- **Pillow and pillowcase** – one standard size

We will provide:

- Waterproofs
- Safety equipment
- Life jackets



Personal kit list: suggested kit list to use as a guide

Clothes

- Jumpers or fleeces x2
- Pairs of trousers/shorts x2
- T-shirts or mid layers x2
- Windproof layer
- Underwear
- Several pairs of warm socks
- Thermals
- Nightclothes
- Soft sole non-marking trainers or deck shoes (no flip flops)
- Sailing wellies (flat soles, no heels, essential for long and/or cold-water voyages)
- Casual clothes for going ashore
- Towel (a microfibre/sports towel)
- Swimwear
- Sunhat/baseball cap (plus string to tie on)
- Fleece hat and scarf (avoid wool)
- Waterproof gloves
- Toiletries and personal medication
- Seasickness pills (we recommend Stugeron)
- Sleeping bag, pillow and pillowcase

Gadgets/travel essentials

- Ear plugs (a must!)
- Camera (plus spare batteries – there are no plugs for electric chargers)
- Sunglasses and cord
- Small torch
- Sun cream
- Sports water bottle

Medication

- If you're on medication, please bring plenty for your voyage with extra in case you suffer from sea sickness and have to take additional doses
- Bring your own sea sickness medication

Documentation

- A valid passport and/or necessary travel documentation (for travel outside UK)
- Insurance documentation
- Return rail/coach/air tickets or sufficient funds to return home
- Duke of Edinburgh's Gold Award book (if using the voyage for this)
- RYA cruising log (if you have one)
- Spending money: GBP/Euros (if going abroad), credit/debit card in case of an overseas port visit
- On longer voyages (which may visit a foreign port) and voyages overseas you should have a UK Global Health Insurance Card (GHIC), which lets you get state healthcare in Europe at a reduced cost or sometimes for free. If you have a UK European Health Insurance Card (EHIC) it will be valid until the expiry date on the card. Once it expires, you'll need to apply for a GHIC to replace it

Kit list notes

1. When considering your clothing, please note that it can be very cold at sea, even on a sunny day. Warm clothing is essential and thermals are recommended
2. The yacht will provide all crew members with waterproofs – but you are welcome to bring your own
3. Most of our longer voyages visit a foreign port (even those starting and finishing in the UK). **Please check if you need a passport for your particular voyage**
4. There are no plug sockets onboard. There may be access to plugs/electricity in marinas but it's not guaranteed and will be infrequent
5. Mobile phones may be used onboard when in range but not when leaving or coming into port, as the signal may affect the yacht's navigation equipment. For your personal safety, phones may not be used during training. There are no charging facilities available onboard, so take steps to conserve your battery power
6. Personal stereos/MP3 players are allowed onboard, although, "non-personal" music systems are not permitted
7. Small musical instruments may be brought, although, we cannot guarantee their safe storage
8. For your safety jewellery should not be worn on deck. We suggest that all finger, ear, lip, nose and eyebrow rings are removed or taped up
9. A cord that attaches to the arms of your glasses should be worn to secure them whenever on deck
10. Baseball caps have a habit of blowing off in the wind, so you're advised to bring a cap lanyard