

## **SAILING KIT LIST FOR "SHIMONI"**

*Stowage is generally limited on sailing yachts so bring enough - but not too much!*

*Sailing can get a bit wet and items soaked in salt water never dry. Bring enough changes of clothes.*

*Dress yourself in layers if it's cold, built from the inside out - underwear, T shirt, thermals, roll neck, fleece, oilskins etc*

*Pack things in soft bags which can be scrunched up and stowed easily - if you don't have a sports bag, Ikea bags are good!*

*We keep lots of Stugeron anti-seasickness pills on board - please use them liberally and enjoy the trip!*

*If you don't get on with Stugeron, please feel free to bring your own.*

## **DOCUMENTS**

EHIC

Passport

Wallet, ID Card, Cash, Cards

Travel Insurance Document

Driving Licence

## **PERSONAL ITEMS**

Mobile Phone

Camera

iPod/Tablet/Laptop/Dongle/Charger (WiFi is available onboard if we have a 3G signal)

Personal Medications

Sea Sickness Tablets

Books, Magazines, Games

Sunglasses and Retaining Strap

Sun block

Small Waterproof Torch

Multitool or Pocket Knife

Waterproof Watch

Spare Spectacles/Contact Lenses

## **FOUL WEATHER GEAR**

Oilskins (may be available on board - please ask)

Sailing Wellies/Boots (may be available on board - please ask)

Warm Gloves - preferably Gore Tex

Small Neck towel or Microfibre

Automatic Life Jacket with Crotch Strap, Light and Life Line (available on board)

## **OTHER CLOTHES - IN SOFT BAG(s) (Pack in Plastic Bags)**

Waterproof Casual/Shore Jacket/Anorak

Deck Shoes, Loafers or Trainers

Sailing Gloves

Shorts

Jeans/Slacks

Tracksuit bottoms/Warm Trousers

Tee Shirts

Shirts  
Sweatshirts  
Jumpers and Polo Necks  
Fleece/Down Jacket  
Cap and Woolly Hat  
Wash and Shave kit  
Towels  
Swimming trunks  
Socks (including thick Boot Socks)  
Underwear - including Thermals  
Sleeping bag or Duvet cover, sheet and pillowcases  
Some spare plastic bags

**MISCELLANEOUS**

Cheery disposition  
Strong sense of humour  
GGD