

KIT LIST

Please remember that stowage space is limited so try to keep the kit you bring to a minimum. Please don't bring a suitcase or a framed rucksack; soft-sided holdalls lined with plastic bags are best.

Essential Items:

- Sleeping bag
- Warm clothing plus spares (synthetic fleeces are best), long sleeved tops, trousers, thick socks and plenty of underwear.
- Hat or Balaclava, scarf and gloves.
- 2 pairs of soft-soled shoes (not walking boots or DM's).
- Towel, wash kit, tooth brush etc.
- Sun cream (factor 20-30), block for ears and nose, lip balm.
- Sun glasses
- Seasickness tablets (we recommend **Stugeron**).
- Plastic bin liner for storing wet kit.
- Passport, E111 form (visa if you are a non-EC citizen).

Only for trips abroad.

Desirable items:

- Heavy duty sailing/cycling gloves to protect hands when hoisting ropes (particularly if you sailing on board Morning Star).
- Small torch.
- Pillow.
- Contact lenses plus spares just in case.
- Book/game.
- Small musical instrument.
- Camera (disposable waterproof types are good).
- Radio/CD player of personal variety only!
- Swimming kit – depending on the time of year.
- Cake to share with the rest of the crew.

Other points when planning your packing:

- Good quality waterproofs and sea boots are included in the cost of the activity. Please don't bring your own unless they really are waterproof and suitable.
- Extra money is not essential although on longer trips there may be opportunities to stop in a local port or marina, in which case you may find some extra cash useful.