



What do you bring on a sailing trip?

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ANSWER: very little! A few pieces of comfortable clothing, walking shoes, a couple of swimsuits, a light jacket, small quantities of appropriate cosmetics and sunblock, dark glasses with a string and a hat with a string, that is about it!

Here is a tried-and-true list of what will get you through the trip more than comfortably - speaking of which, comfort is the theme here...nothing fancy, no high heels, no suit and tie.

The islands are extremely informal, and you could get by on less, as most people have told.

PLEASE READ THIS CAREFULLY, THINK IT OVER AND MOST OF ALL, BRING LITTLE!

I RECOMMEND THAT YOU PRINT THIS OUT AND KEEP IT FOR REFERENCE WHILE PACKING.

WHAT TO BRING:

Anything that you bring outside of this recommended list is wasted weight and space, it will fill up your cabin... and you will have to sleep with it!

You have heard it before, I am sure, that on a sail boat there is little space for storage...so....please do not bring more than one large or two small soft sided bags, duffels or backpacks. Everything you have must fit in your cabin, and storage is very limited. Try packing a couple of weeks before you leave to have a good look at what is and is not necessary. Look at it and try and eliminate everything that you really don't need! Backpackers say, pack, and then eliminate half of what you have packed.

YOUR TRIP IS NOT A FASHION SHOW (and 99% of all humans do not have a Barbie & Ken body.....)

CLOTHING: ALL THAT YOU WILL NEED TO BE COMFORTABLE AND STYLISH ON YOUR SAILING TRIP:-

1 or two pairs of shorts or boxers for A)sailing B)sleeping C)swimming D) hiking
-2 tee shirts to use with the above, or bring one, buy one souvenir T when you arrive.

2 of something that resembles a swimsuit (I wear most anything, including what I have been wearing that day) *Skinny dipping is possible in many of our anchorages if you want to be clothing-free.*

-1 pair of long comfortable cotton pants, 1 long sleeve shirt for evening

-1 lightweight long sleeve shirt if you are sun shy



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1 sailing hat that stays on and has a chin string

1 pair of sunglasses with *neck cord*

(YOU MUST HAVE a cord on all glasses you will use on board or Neptune will claim them)

1 sarong for the women comes in handy- boxers or loose lightweight short pants for the men. For men and woman it is good to have at least one rashguard

a few pairs of underwear (you can wash them out along the way, don't bring too many unless of course they look good drying on the rails (I prefer bright colors for this purpose).

1 very light spray/wind jacket, (water resistant rain type jacket)

1 sweatshirt or similar weight and style piece of clothing for cool evenings and cooler sailing days

Something just a tad more respectable for land use when eating out at night (absolutely informal and not absolutely necessary) IE: cotton trousers, cotton sweater/jumper, or long sleeve shirt, clean T Shirt - what will be comfortable depends on the time of the season you are coming. Wherever we go, the attire is informal.

The women *may* want to bring a skirt or sun dress type of garment (I have one in case the rare urge strikes me to "dress up").

Shoes or all-terrain open type footwear for walking on land. None of the walks that we do require anything more than Teva type sandals. Shoes are not required and discouraged **on board**, but if you feel that you will need shoes on board, please bring a designated pair for boat use only. No street shoes are allowed on board, you may not use the same pair of shoes for shore use that you use on board. Using the same pair of shoes for both land and boat is not allowed because pebbles get lodged in the tread and scratch the boat.

I prefer to go barefoot on board, I grip with my toes.

Reef shoes, those enclosed rubber and net type, are good for walking around on the boat and cheap.

White bottomed footwear is better if you will be using these as boat shoes. Get the cheap kind!

TOILETRIES FOR SAILING TRIPS:

good waterproof sunscreen, #30 to #50, gels are better, or "dry oil" sprays.

a good moisturizing cream, face oil (plain jojoba or sesame seed oil is great) or hydrating face cream (men too) your skin dries to an uncomfortable state without it. A very small bottle about 100cc (travel sample size) will be plenty.

The Body Shop "body butter" in cocoa is a good all-over end-of-the-day cream.

CUT DOWN ON TOILETRY WEIGHT: bring only what you need of your



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toiletries, shampoo, and rinse in small plastic travel bottles, usually the ones that are allowed as carry on are enough for at least a week, just to give you an idea.

I keep nice soft soap and a good shampoo/rinse combo on board for general use. A couple of travel size bottles will get you through your travels, most drug stores carry the slightly larger sample sizes which are great for one week trip.

You need:

good waterproof Band-aids or surgical tape (surgical tape helps keep the Band-aids on in water)

your medication

vitamin C (take before you get on the plane and during the flight and drink lots of water to avoid catching bugs on the plane),

a saline solution nose spray for the flight over. Keep those sinuses moist to protect from airborne infections so common on flights. This is also a good remedy for snoring!

Do you suffer from irregularity while traveling??? OK, so everybody does, just make provisions for it and bring something to remedy it. I carry herb teas to get you going again, and I find that Metamucil is mild and effective also, for *both* bothersome bodily conditions.

SNORKELING

Bring a mask and snorkel if you have a good one that you are used to.

WATER/DRINK CONTAINER

A closed insulated large sports type water bottle - the kind with a straw out of the top, or drink top, for your water or soft drinks, you **MUST** drink water **all** the time to keep from becoming dehydrated, remember this! This is the Med! Being in the sun and wind all day is not something that you are accustomed to, you will require much more water than you are accustomed to drinking.

BEDDING & TOWELS

We have bath towels on board for everyone as well as your bed linen. But it is good to bring your one personal as well.

JEWELLRY

Don't bring it. It is not a good idea to wear expensive jewellery on a boat, it gets broken - or worse, lost overboard. It is best to keep all adornments to a minimum while sailing, and please, no toe rings, (or any other body piercing jewellery) these are bad news on a boat, you can get "hung up" by this type of jewellery.



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SEASICKNESS:

Ginger tablets, candied ginger, (which I love and welcome aboard) or ginger in any form is good for anyone who thinks they might suffer seasickness. Also, many people find the wrist seabands effective. For more serious treatment, seasickness pills.

I recommend the patches, but they are too strong, and you may suffer more from the treatment than the ailment. There is also a new magnetic type of band that you can regulate for your needs.

Most sailors, even first time sailors, manage to overcome the problem of seasickness within the first day or so - your body will adjust in most cases, most people get over the problems quickly. You may not be able to read or go down below the first couple of days while we are underway, but gradually you will become accustomed.

PASSPORTS and Travel Insurance: please bring 2 copies of the main page and I will ask you to leave one with me. The others should be spread around in what you bring. **Never travel without copies.**

CREDIT CARDS AND MONEY I recommend bringing two cards and pack them in different places in case one is lost, damaged, or stolen.

Make sure that you call your credit card company before you leave to inform them that you are going abroad AND find out how you use your card abroad (make sure you have your PIN number) and to check to see the TOTAL cost of using an ATM abroad, and what your daily limit is.

PACK LIGHT! PACK LIGHT! PACK LIGHT! PACK LIGHT

You don't get "sweaty dirty" on a boat, so clothing stays "acceptable" longer!

Storage is limited in your cabins, if you have too much stuff, you will never find what you brought anyway.

ONE MORE TIME: bring less

Pack a few days *or more* ahead and evaluate what you really do and don't need. It helps to see it all laying on your bed and realize you probably don't need half of what you thought. You could get by with ONE "T," shorts, one pair of pants, a swimsuit and one long sleeve top - really, and many bring just about that!



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pack, then repack.....this is

the pile of clothes that you won't need and that you leave at home!