



## **What Should I Pack for life onboard?**

Here is a suggested list of things to bring when you come sailing:

As the British weather is unpredictable, you need to be prepared for a variety of conditions whilst onboard!

A layered approach to clothing works best so that you can easily increase or decrease your thermal protection as required. Stowage is always limited on a boat, and we therefore advise you to travel lightly and use a soft or collapsible bag. You can use the list below as a basic kit list to cover you for most eventualities!

- Glasses if you need them & sunglasses (with cord or strap)
- Footwear (soft soled, non slip and non marking i.e. not black)
- Gloves (fingerless are preferable if you wish to help crew the vessel)
- Headgear (sun hat with cord or strap or warm fleece hat depending on conditions)
- Jacket (anorak or wind-proof)
- Fleece or jumper (fleece stays warm even when wet, wool is much less effective)
- Trousers and/or shorts. Jeans are not recommended as they take a long time to dry
- Shirts (long sleeved, rugby/polo shirts or T-shirts)
- Underwear & socks (thermals if you naturally feel the cold)
- Toiletries & medicines (let the skipper know if there is anything you take regularly)
- Sun protection cream or spray
- Swimwear in summer (if you are feeling brave)
- Camera (we have binoculars on board)
- Sea sickness tablets if you think you may need them
- Casual clothes to wear ashore

We provide lifejackets and harnesses for all persons on board. We also provide all towels and bedding – we do ask you to bring a towel if you intend to swim either off the boat or from the beach.

All food and soft drinks are included in the charter; please let us know on your booking form if you have any special dietary requirements.

Although the vessel is fully insured, please arrange your own appropriate travel insurance to cover you in the event of accident, illness or other forced cancellation.

---

### **PILGRIM Heritage Sailing Foundation**

Registered office: 15, Fore Street, Brixham, Devon, TQ5 8AA Tel: 01803 858148 Email: [info@pilgrimofbrixham.co.uk](mailto:info@pilgrimofbrixham.co.uk)  
Registered in England and Wales Company No. 10763532. Charity Commission No. 1175124.