



## **What should I pack for life on-board?**

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

You need to be prepared for a variety of conditions whilst on-board!

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 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,)
- 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 (water/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
- Waterproof trousers
- 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)
- Towel (modern travel towels are idea space saving and quick drying for washing/swimming)
- Camera (we have binoculars on board)
- Sea sickness tablets if you think you may need them
- Casual clothes to wear ashore
- PJ's or something to wear in bed (in shared areas)

We provide lifejackets with crotch straps and harnesses for all persons on board. We also provide bedding (we have small supply of towels, available on request).

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.

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### **PILGRIM Heritage Sailing Foundation**

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