



Adventure Afloat

Explore Ashore

## Packing List - Adapt and add your own items

Limited Space on Sailing Ships.  
Use folding bags or rucksacks, no suitcases.  
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<b>General outer layer clothing</b>		<b>Extra for Cold weather sailing</b>
Waterproof Jacket		balaclava
Waterproof Trousers		Ski goggles
Wooly Hat		Waterproof gloves & inners
Sun Hat		Sailing gloves
		Neck fleece
		Thermal under garments
<b>footwear etc</b>		
Sailing boots, not short ones.		
Sandals, not open toed		<b>Hot weather sailing</b>
Walking boots		swimsuit
thick walking socks		sunglasses x2
medium thickness socks		googles
		Beach towel
<b>Clothing</b>		
Fleece trousers		<b>Medical</b>
Jeans		Lemsip
Shorts		Paracetamol
Shirts		Cysteme plus antibiotics
T-Shirts		Ibuprofen
Trousers/Pants		Imodium
Skirt/dress		lip protection
Jumper		Menstrual products
knickers		blistex
Bra		Next of kin contact details
vest top		Personal medication and spares
Fleece jacket		
Smarter Clothes		
Travel clothes		

# Classic Sailing