

CHECKLIST

Autumn

CLOTHING ITEMS

- T-shirts made of synthetic material or merino wool
- Long-sleeved (polar fleece) shirts
- First layer trousers
- Trousers made of synthetic material
- Waterproof rain jacket
- Waterproof rain trousers
- Thermal jacket
- Casual clothing
- Footwear - at least 2 pairs
 - Closed-toe and non-marking, anti-slip soles, water-resistant or made of quick-drying material
- Flip-flops or Crocs
- Bandana, cap, and hat
- Sailing gloves
 - Cycling or gym gloves also work well

ACCESSORIES

- Sleeping bag
Essential. We recommend a minimum of 10°C
- Waterproof dry bag
For carrying essential items when going ashore
- External battery - power bank
We will not have access to 220V while out at sea
- Head torch - headlamp
We recommend a model with a red light option, so that it can be used during night navigation
- Sunscreen
SPF 50
- Lip balm
- Wet wipes
For a quick refresh when you can't shower
- Earplugs
Yachts can be noisy at night
- Water bottle
- Seasickness tablets or patches
Stugeron, Emetix
- Microfibre towel
Light, compact, and dries quickly
- Sunglasses
- Mini first aid kit
- Travel bag
NO trolley - trolleys take up too much space!

PROVISIONS

Individual

- Non-perishable provisions
Canned food, nuts, protein bars, noodles, cereals
You can buy these at home
- Perishable provisions
Cheese, cold cuts, fruits, vegetables, etc.
You can buy these at the departure port
- Instant coffee, tea
The yachts are equipped with a gas stove, but we will not be cooking onboard
- Multivitamins, Litorsal

Collective - to be bought together from the departure port

- Drinking water, juices, beer
- Bread
- Rubbish bags
60-litre bags for the salon and cockpit
20-litre bags for bathroom paper - 1 set per bathroom
- Toilet paper
- Kitchen paper towels
- Microfibre cloths
- Cleaning spray
1 per boat
- Dishwashing liquid
1 per boat
- Liquid soap for bathrooms
1 per bathroom

