

On Deck/Foul Weather Gear

Waterproof jacket

Waterproof trousers

Warm hat

Neck gaiter

Gloves (warm)

Sailing gloves

Boots

Warm socks

Sun hat

Sun glasses

Lifejacket

Toiletries / Medicines

Asthma Meds

Contact Lenses

Sea Sickness - Stugeron

Sea Sickness - Ginger

Sea Sickness - Boiled sweets

Further toiletries

Moisturiser

Sun cream

Sunrise



Amusement

Book - Reading matter

Music

Paper and Pen

Camera

Pics



Clothes

Insulated top (Buffalo)

Insulated bottoms

Thermal tops

Thermal bottoms

Warm Sweaters

Gilet

Trousers / shorts

Tops

Underwear

Other items

Sleeping bag / Liner

Pillowcase

Headtorch (w/ red option)

Towel

Compass

Phone charger

Digital Watch

Insurance documents

Photo ID

Sailing log book

Frozen meals *2

Snacks for night watch

Sailing fun!

