Sailing packing list Cheat Sheet

by dutchclogs via cheatography.com/81503/cs/19515/

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!



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