

CHECKLIST OF ESSENTIALS



CLOTHING

- Swimwear
- Shorts / pants *in canvas*
- T-shirts *made of cotton and UV-resistant*
- Gloves *for manoeuvres*
- Boat shoes *(no black soles)*
- City shoes *(for land-based stops)*
- Swimming shoes / booties



ON-BOARD LIFESTYLE ACCESSORIES

- Reading
- Music + headphones
- Cigar lighter plug *12 V / USB*
- Plug adaptors *according to destination*
- Camera + Go Pro
- Board games + Card game
- Toiletry kit
- Any medication + *anti-mosquito + mercalm*
- Earplugs
- Headlamps or torches
- Sarong, fouta and/or microfiber towels
- Snorkeling kit : *Fins, masks and snorkels (depending on destination if not included on board)*
- Small backpack of 15 to 30 litres *(very useful for stopovers on land)*
- External battery



SUN PROTECTION

- 2 sunscreens : *Index 50 and lower*
- Hats & caps *against the risk of sunburn*
- Sunglasses *with lanyards to avoid losing them at sea*
- Long sleeve or lycra T-shirts *for swimming*



COLD WEATHER PROTECTION

- Windproof / Raincoat *in case of rain*
- Polar fleece, heavy jumper and/or warm jacket

Warning : *The weather can change very quickly at sea and the wind quickly becomes cold when sailing to even the warmest destinations.*



TRAVEL DOCUMENTS

- Identity document *passport or ID card depending of your destination*
- Copy of identity card *in case of loss or theft*
- Sea permit *if necessary*
- Credit card and local currency : *provide a bit of cash*
- Travel authorisation *according to destination*