



## Sailing Trip Packing List

Packed in duffel bag (carry the “I can’t live without” items on the plane):

- Several day supply of bathing suits/trunks
- Shorts (quick dry material) – dark colors are best
- T shirts
- Water and deck sandals/shoes
- 2 pair sun glasses (with a strap)
- 1 beach towel “tight packing”
- Ball caps tightly fitting
- CDs, tapes, and that book you’ve been meaning to read.
- Camera/ Film/Batteries/Disposable waterproof camera
- Rain Poncho or light weight jacket
- OPTIONAL: Goggles/Snorkeling gear/ Scuba Certification)
- Sweat Shirts (1) for chilly nights
- Sailing Gloves
- OPTIONAL: Lightweight sleeping bag – if you plan to sleep outside on deck
- Key toiletries: Liquid Soap – biodegradable (such as peppermint soap from health food store), Plastic Bag (For toilet waste), Sunscreen, wet wipes, necessary hygiene products
- Vitamins/prescription drugs

Don’t leave home without it:

- Passport
- Credit Cards – may want to call ahead to let them know you are traveling abroad
- Insurance card – check to verify international coverage
- Travel tickets/itinerary

For the kitchen:

- Spices/Favorite condiments
- Matches for Stove

General stuff:

- Clothes pins
- Re-usable sports bottle with opening wide enough for ice
- Dry bags/Zip lock bags for various things...various sizes
- Your favorite must have snack
- Waterproof flashlight
- Waterproof Bag (Dingy Proof)

**On deck and water shoes:**

In order to save space - wear your deck shoes while traveling and pack your water shoes. A water shoe is any shoe that can dry relatively quickly after getting wet – including flip flops and sports sandals. Deck shoes can include sneakers.

**On sailing gloves:**

When sailing the boat, the lines can be quite harsh on unprotected hands. Sailing gloves protect your hands when handling sailing lines. West Marine has sailing gloves for \$16.99, (one of the few things that's not \$49.99 or more☺) (<http://www.westmarine.com>). You can also use weightlifting gloves, batting gloves or even biker gloves as a substitute. Sailing gloves typically protect the palms of your hands with leather.

**On Motion Sickness:**

If you think you are susceptible to motion sickness there are many ways to alleviate the unfortunate side effects. The very best remedy is Sea Bands. These are wrist bands that create an acupuncture point on your inner wrist. They administer no medication and are very inexpensive ([http://www.sea-band.com/sea\\_band\\_usa.htm](http://www.sea-band.com/sea_band_usa.htm)). Another effective medication is 'the patch' or Transderm Scop which contains scopolamine. The patch lasts up to 3 days. Dramamine tablets only last up to 6 hours. There are also natural remedies such as the Ginger Root. I don't think we will have any Ginger Roots with us but Ginger in its many forms is also effective. This can include Ginger Ale, Ginger Beer and Ginger Snaps. If you feel the slightest sense of motion sickness please go to the helm. When you are at the helm your mind can help your inner ear nerve fibers can anticipate the movement of the boat thus preventing the symptoms of motion sickness.