



PACKING NOTES & KIT LIST

Storage: Space on board the yachts is limited, so please bring only the items suggested below and pack them in a soft holdall. If a hard-shell suitcase is necessary for travel, please send holdalls for luggage to be transferred to on arrival (we will securely store any suitcases at the boatyard).

Dressing for the weather: As with other outdoor pursuits, it's important to dress for the conditions. The weather during the cruise is usually cold and sometimes wet and/or windy as well. Much of the day is spent outdoors, so the best way to stay warm is by wearing multiple layers: a base layer such as a T shirt or thermal, a mid-layer (sweatshirt, jumper or fleece), and then an outer layer – it is essential that this is waterproof and windproof. Layers can be adjusted in milder weather, or if you feel the cold you may want to add another layer.

Life Jackets: We use life jackets supplied by the boatyard which are individually fitted on arrival.

Day Bags: Everyone needs a bag suitable for use as a day bag to carry a full change of clothes (underwear, T-shirt, trousers and jumper) in case of falling in and any emergency medications you may require – crews are mixed up every day so you may not be sailing on your own yacht.

Phones: We strongly discourage the use of mobile phones. Charging facilities are very limited, there is a high chance they will get wet or damaged, and there is no secure storage on board. If a phone is brought, we suggest the use of a protective waterproof phone pouch. Our Mobile Phone Policy governs how and when crewmembers' phones can be used. **Phones will be collected in and held overnight by a leader on each boat.**

Money: There is little opportunity to spend pocket money, so we suggest sending no more than £20. We will be providing a small **cash-only** tuck shop when moored away from normal shops. Please come with small change rather than notes.

Theme Day: On one day in the week, we have a theme day with optional fancy dress. Bear in mind that fancy dress will need to be worn over layers and, while sailing, **under** a life jacket.



Cruise members will need the following items:

CLOTHING

- Warm pyjamas
- Underwear and thick socks for the week
- 3-4 pairs of trousers – tracksuit or leggings are best; jeans are slow to dry
- A pair of shorts (optional)
- 6 T-shirts
- 4 warm jumpers/fleeces
- Windproof jacket/fleece
- Waterproofs – jacket **and** trousers
- Warm hat
- 1 pair of sailing shoes e.g. old trainers
- 1 pair of shoes or boots for muddy banks (walking boots are ideal but wellies also work)
- A pair of well-fitting sailing gloves/old pair of leather gloves or heavy-duty rubber/garden gloves (for pulling on ropes)
- Wash kit – including suncream
- Towel for showering (quick drying camping towels are brilliant)
- Any prescribed medication (our Medical Officer will check in/follow up as needed)

BEDDING

- A 3 to 4 season sleeping bag (overnight temperatures can be in single figures)
- A pillowcase – a pillow is provided
- Optional blanket and hot water bottle – lightweight fleece blanket preferred

OTHER KIT

- Backpack for carrying a change of clothes each day
- Bible, notebook and pen (NIV, Good News or Youth Bible if possible)
- Torch
- Sunglasses (on sunny days the glare from the water can be very bright)
- **2 tea towels, 1 hand towel, 6 clothes pegs** (these items will be used by your whole crew)
- A cake to share (if homemade, please include a list of ingredients)
- Water bottle – drinks are provided but a water bottle is useful for staying hydrated during the day whilst sailing

All items should be clearly labelled with the owner's name. We cannot accept responsibility for losses. Please bear in mind when choosing what to pack that clothing may get muddy and wet.