



## What to bring for a Sail Training Voyage

### What the Ship Provides

Wet Weather gear

Full body safety harnesses – which must be worn at all times on Watch.

Pillow, pillow case, bottom sheet and one blanket

### Clothing and Personal Gear

Stowage space is limited and a soft bag is preferable to a hard suit case.

The emphasis should be on working clothes that layer up for warmth in cold windy weather but also to provide protection from the sun. It is not necessary to buy any special gear for the voyage.

| <b>Essential</b>           |  |
|----------------------------|--|
| <b>Head gear</b>           | 1 Beanie or Balaclava  |
|                            | 1 Sun hat  |
|                            | Sun glasses  |
| <b>Footwear</b>            | 2 pairs soft rubber soled shoes eg deck shoes or jogging shoes   |
|                            | 3 pairs socks  |
| <b>Jacket</b>              | 1 Windproof jacket   |
| <b>Jumpers</b>             | 2 Thick jumpers  |
| <b>Pants</b>               | 2 prs. loose fitting jeans, heavy cotton pants or track suit pants<br>Tight fitting pants are not suitable for working in the rigging. |
| <b>Shirts</b>              | 2 Long sleeved shirts – Rugby shirts or skivvies are ideal<br>3 T-shirts   |
| <b>Swim suit</b>           | Bring one  |
| <b>Underwear</b>           | As required  |
| <b>Bedding</b>             | Sleeping bag   |
| <b>Toiletries</b>          | Brush/comb, toothbrush, toothpaste, soap, towel, deodorant, tissues, & lip balm.   |
| <b>*** Voyage Handbook</b> | <b>If you have been issued with one, please ensure you bring it with you</b>   |

| <b>Optional</b>   |   |
|---|---|
| Thick woolen tights   | great for cold nights   |
| Camera  | <b>Not a mobile telephone camera</b>                            |
| Musical instrument  | if they are large like a guitar you may have to sleep with it!! |
| Plastic bags  | for dirty clothes   |
| Writing materials   |   |
| <b>Mobile phones, Walkmans, I-Pods, and wallets will be collected on boarding ship and kept in ship's safe.</b> |   |

### Do not bring

**Cigarettes – One & All is a non-smoking ship**

Thongs are dangerous

Alcohol

Drugs – other than those prescribed by a Doctor