

## ELITE SAILING SUGGESTED PACKING LIST FOR MILEBUILDERS (Adjusted for Covid 19)

Wet Weather Clothing ("Oilskins"). Please bring your own waterproof clothing (jacket and trousers). **Unfortunately due to Covid 19 and the need to quarantine clothing between users we are unable to offer the usual hire service with online booking or pay on arrival. We may have limited numbers of sets available but these must be ordered personally and in advance through the office. Enquire at the time of booking.**

Sailing Boots. Sailing Boots are like Wellingtons but with a special sole that gives a good grip on deck. Ordinary Wellington boots are potentially unsafe on due to slippery soles.

Deck Shoes These have a special sole that gives a good grip on deck. They are available in traditional leather and also in a trainer style. Ordinary trainers are also acceptable but ensure that soles are non-marking (ie they shouldn't leave a black mark when scraped on a plastic or vinyl surface).

Warm, comfortable clothes. In winter and spring bring several warm layers – perhaps including thermal underwear. In the summer months at least one pair of shorts is useful.

Woolly hat or sun hat (according to season)

Sailing gloves. These protect your hands and the suede or kevlar finish make it easier to grip ropes. There are also thermal versions for winter sailing. (desirable but not essential)

**Sleeping bag AND a single Undersheet.** The undersheet is an addition for Covid 19. We fit elasticated mattress COVERS but cannot guarantee to wash these between berth occupants so bringing your own undersheet is an important Covid measure.

Pillow and pillow case. Bringing your own pillow and pillow slip is an important Covid measure.

Towel and Toilet bag

Lanyard to keep your specs attached

Seasickness pills (if you think you might need them)

Sun cream (for sensitive skin even in winter)

Passport for trips abroad

Phone chargers to fit in a 12 volt car cigar lighter socket and 230v sockets (See special note below).

Pack all this into a soft bag or bags which are fully collapsible (ie no heavy, rigid frame) which can be stowed folded when empty. Space aboard is very limited so do not bring a huge wardrobe! With good oilskins inner layers should stay dry so do not anticipate having to change out of wet clothes every day. However, make sure you will be warm enough. Call us if you need further advice on what to bring.

### ADDITIONAL NOTES

Safety Equipment. We provide all personal safety equipment – harness and lifejacket.

Domestic Chores. You will be expected to contribute to domestic chores aboard the boat (cooking and cleaning) and to assist with cleaning at the end of the trip.

Meals and Catering. Provisions for all meals and tea, coffee etc are provided aboard the yacht. You will be expected to assist in preparing meals (See guidance during Covid 19). Traditionally on our Adventure sailing trips we have provisioned with emphasis on good quality basic ingredients with fresh meat and vegetables and meals prepared from scratch (ie no ready meals, junk food or luxuries. We have not taken a 'menu driven' approach. Instead we have provided a wide range of ingredients to shopping to allow considerable variety in recipes. During Covid 19 we intend to maintain the emphasis on quality and no ready meals or junk food – but we will adjust ingredients to support simpler meals that can be prepared by one person and served to people in ones or twos rather than in a single crew gathering.

With this change you might want to bring a few of your own favourite sailing snacks.

Devices and Charging. 230 volt ac is only available when shore power is connected in harbour. It will not be available at any time on passage or at anchor. (Overnight anchorages are quite frequent in adventure sailing. Device charging is generally available from 12 volt dc 'car-type' cigar lighter sockets. Most cabins have twin 230v and twin 12v sockets.

### Money

You will need a little money for any personal expenditure ashore during port visits and to contribute to a 'kitty' if you want wine with dinner. You are welcome to bring your own drinks if you wish.