

Personal equipment necessary to **Ocean Navigations**

NOTE: It is important that all clothes dry quickly. Cotton is totally inadvisable as it absorbs moisture and it takes a lot of warmth from our body due to evaporation. Fabrics such as wool, silk and synthetic fibres are especially recommended.

HEAD and NECK

- 1 Hat (Wool or fibre pile with Windstopper)
- 1 Wide brimmed hat with lanyard and 1 spare
- Scarf or tubular breather
- Sunglasses maximum UVA protection
- Torch (extra batteries)

BODY

- Windproof pants and jacket (Sail Racing lightweight Gore-Tex)
- Fibre Pile Jacket (Sail Racing Challenge Jacket, Soft Shell Jacket or equivalent)
- Fibre Pile Pants (Sail Racing Soft Shell pants)
- Thermal underwear (both pants and body) 3 to 5 pairs minimum
- 2 Shorts
- Bathing suit
- 2 long sleeve Shirts
- 3 or 4 T-shirts

HANDS

- Fibre pile gloves
- Sea gloves

FEET

Sea boots/shore-hiking boots

2 to 3 pairs fibre pile or wool socks

Boat shoes, with soft rubber soles for below decks or flipflops - recommend Crocs

Sandals

ACCESSORIES

1 sleeping bag for medium temperatures (12-15 degrees Celsius)

1 cotton sleeping bag

1 small backpack (10 litres)

1 litre water bottle

1 multi function pocketknife

1 synthetic towel

1 "pareo or sarong for beach mat or towel"

Bag personal hygiene' contents: It is better to take limited capacity containers (shampoo, moisturizer, etc...). * Note that you will not use the shower every day. In such cases it is advisable to bring personal hygiene wipes.

High solar protection face cream and lip bar

Seasick pills

Personal medical kit and medications: band-aids, throat lozenges, lip salves and one course of antibiotics for chest and throat infections

Avoid electrical lead 220 V (razors, toothbrushes, plucking machines, etc)

Avoid hard suitcases. Use travel bags with wheels