Ocean Sailing Expeditions Crew Gear List

Clothing	Cold/warm Passages / Expeditions 0-20 degrees	Warm/ hot Passages / Expeditions 20-35 degrees	Warm/hot Cruises 15-30 degrees	Packed
Swimsuit	optional	yes	yes	
Shorts (quick dry)	yes	yes	yes	
Shirt -short sleeve (quick dry) 1 per day	yes	yes	yes	
Shirt- long sleeve (quick dry)	yes	yes	yes	
Underwear	yes	yes	yes	
Base layer thermal top x 1 (merino long sleeve)	yes	optional	no	
Base layer thermal pants x 1 (merino long johns)	yes	optional	no	
Middle layer pants (Track suit fleece)	yes	yes	optional	
Middle layer polar fleece / long pants x 1 (2 optional)	yes	yes	optional	
Deck shoes 1 pair	yes	yes	yes	
Walking shoes - for hikes when ashore - 1 pair	yes	yes	yes	
Clothing for café / restaurant dinners - 1 outfit minimum	subject to location	subject to location	subject to location	
Aqua shoes for protection from sea creatures stings / cold	yes	yes	subject to location	

Personal items				
Sun hat / sun protection / sunglasses	yes	yes	yes	
Medication - (you must declare all items before departure)	yes	yes	yes	
Seasickness tablets (if specific medication required / we also carry a range of options on board)	optional	optional	optional	
Personal toiletries	yes	yes	yes	
Water bottle	supplied	supplied	supplied	
LED Headlamp - Red bulbs (spare batteries)	yes	optional	no	
Books / magazines / electronic tablets	optional	optional	optional	
Ear plugs / eye mask - if you are a light sleeper	optional	optional	optional	
Bedding (It's always 15-25 degrees in cabin at night)	supplied	supplied	supplied	
Towels for showers and swimming	supplied	supplied	supplied	
Phone/ charger cable	yes	yes	yes	
Camera/Go Pro/Phone	optional	optional	optional	
2 Large plastic bags (To separte wet clothing)	yes	yes	yes	
Alcohol - Note; you are free to bring it along, but it can only be consumed in port or at anchor (and in moderation)	optional	optional	optional	
A big smile and a great attitude - you're going sailing :)	of course	of course	of course	

Outer wear				
Warm hat / beanie / balaclava for night watches	yes	optional	optional	
Wet weather jacket and pants	yes	subject to weather	subject to weather	
Sea boots	yes	optional	optional	
Lightweight rain jacket (or to use as wet-weather jacket)	optional	yes	yes	
Waterproof gloves	yes	no	no	
Neck tube or scarf	yes	no	no	
Waterproof / wool socks (2 minimum)	yes	optional	no	

On races, passages and expeditions when we are night sailing, additional warm clothing is required, that may not be needed on cruising events, where we are anchored at night. If you have questions about gear, please call or email us to discuss. This is a guide only, feel free to adapt to your preferences.

Notes

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