

KITLIST AND OTHER IMPORTANT INFORMATION

For your sailing voyage you should bring the next items:

> Warm and waterproof clothing is essential aboard a sailing vessel

It can get very cold whilst sailing, especially at night. Even in summer, warm clothing is essential. Your jacket should be windproof! You may get wet because of a high wave splashing over the bow, during deck washing or simply because it rains. Therefore bring a waterproof jacket and trousers. For the same reason bring rubber boots or waterproof shoes. Bring at least two pairs, in case one gets wet. Some profile (tread) on the soles of your shoes/boots is necessary to avoid slipping on a wet deck.

> Valid travel documents and papers

Valid passport (minimal 6 months to date of expire) or identity card (read the aft side if all countries are mentioned on it).

Copy of insurance papers (liability, health and travel insurance)

> Clothing and toiletries:

Comfortable shoes with low heel and non-slippery soles
Boots or waterproof shoes
Sandals (preferably ones that stays on your feet, no open toes)
Enough clothing for all weather circumstances.
Watertight jacket and pants
Warm sweaters, T-shirts etc.
Socks, underwear and nightwear/pyjamas.
Swimming gear
Hat or cap, scarf, gloves
Toiletries (toothbrush, toothpaste, hairbrush, shampoo etc.)

> More ideas:

Photo camera and film equipment
Sunglasses or glasses (with a chord to tight it to yourself and if you use glasses, take a spare one with you!)
Sun lotion
Personal medicines
Small backpack for in the harbour
Music instruments (small and portable)
Games (backgammon, cards, Yahtzee)
Addresses of friends and family you like to send a card
Pen and paper (you may wish to keep a journal)
A few photos of your pets, friends and family
Some special candy/cookies from your country
Don't bring jewellery!

> Electricity on board

At all Dutch vessels the electricity on board is 220Volt/50Hertz and also at a lot of other vessels. For this you need standard European plugs with two circular metal pins. If you are from countries with 240 Volt, please take a wall socket adapter with you if you need electricity for your mobile phone etc.



> Bag

When packing, think of the limited space on board. Therefore packing in a collapsible bag is recommended, there's no space to store big suitcases. You don't have to pack your entire wardrobe, pack clothes you feel comfortable and do not bring your favourite white t-shirts. Sometimes work on board can be a little messy, so you might get dirty. But be sure you bring enough clean underwear!

> Luggage labels

Please make sure that your luggage is clearly labelled with your name and destination on the outside of your luggage. Also put a second label or big piece of paper inside your luggage with detailed information. Also mention the name of the ship and your mobile number.

SHIP WISE (some ships require that you bring some extra things like towels or sleeping bag)

Anne-Margeretha *: Sleeping bag, pillowcase, sheet and towels -
(can be rented on board 12 EUR p.p.)

Antwerp Flyer*: - Sleeping bag, pillowcase, sheet and towels

Astrid*: Towels

Bark Europa*: -

Christian Radich*: Sleeping bag, pillowcase, sheet and towels

Dar Młodzieży*: Sleeping bag, pillowcase, sheet and towels

Eendracht*: Towels - (when you sailing youth trips/ Tall Ships Races also sleeping bag, pillowcase and a sheet)

Flying Dutchman*: Sleeping bag, pillowcase, sheet and towels

Gallant*: Sleeping bag, pillowcase, sheet and towels

Gulden Leeuw*: Sleeping bag and towels

Jacob Meindert*: Sleeping bag, pillowcase, sheet and towels

Jantje*: Towels

Kaliakra*: Sleeping bag, pillowcase, sheet and towels

Kruzenstern*: -

Lord Nelson**: Towels - (on board boots and rain gear are provided)

Oosterschelde*: -

Pogoria*: Sleeping bag, pillowcase, sheet and towels

Mir*: Sleeping bag, pillowcase, sheet and towels

Morgenster*: Towels - (when you sailing youth trips/ Tall Ships Races also sleeping bag)

Stad Amsterdam*: -

Statsraad Lehmkuhl*: Sleeping bag, pillowcase, sheet and towels

Sorlandet*: Sleeping bag, pillowcase, sheet and towels
- (can be rented on board 14 EUR p.p.)

Tenacious**: Towels - (on board boots and rain gear are provided)

Tecla*: Sleeping bag, pillowcase, a sheet and towels (can be rented on board.)

Thalassa*: -

Wyld Swan*: Sleeping bag, pillowcase, a sheet and towels

**Electricity on board 220Volt/50Hertz/ You need a 2 pin plug (also for Pogoria and Sorlandet 230 Volt)*

*** Electricity on board 240 Volt / You need a 3 pin plug*

OTHER INFORMATION

> Pocket money

Coffee, tea and milk are included. Other consumptions will have to be paid for at the end of the journey. You can't pay by credit card or traveller cheques.

> Drugs, Medication and Diets:

Drugs of all kinds are not permitted on board. However, personal medication accompanied by doctor's statement or prescription, is allowed. Please inform us in advance about your medical condition on the health-statement. We will brief the responsible officer on board (and that person only).

The cook on board is limited in the possibilities to make special food. If you are vegetarian or have special wishes, please let us know – if you did not mention it at the health statement - , so we can inform the cook.

> Seasickness

Some people get seasick and some don't. Most will depend on the weather situation in the first days at sea. What helps is being fresh on the morning of departure. So get a good night's sleep and don't drink too much alcohol on the evening prior to departure. Make sure you have eaten enough and keep on eating and drink no coffee when you feel the first signs.

It is wise to bring anti-motion pills with you, just in case you are the one who gets seasick.

> **Contact the ships for family/emergency**

In case of emergency you may contact the ships through At Sea Sail Training on phone +31 (0)20 6880462.

Do not forget to give this number to your family/friends.

> **Tall Ships Races during summertime**

It is possible to closely follow the progress of the ships' journey during the Tall Ships Races.

On the website of the STI, www.sailtraininginternational.org, you will find a link on the homepage that directs you to a page which is updated two times a day, informing you on the ships' positions and doings. Nice to give this web-address to friends and family! At the website of At Sea Sail Training, www.atseasailtraining.com you will find daily logs of several vessels.

> **Facebook**

If you like to get in contact with other participants of your voyage, to travel together in advance or for other reasons, please join the group At Sea Sail Training on Facebook.

If you have any questions, please contact us on info@seasailtraining.com or phone + 31 206880462