



## GUEST VOAYGE CREW CLOTHING AND EQUIPMENT LIST

The following list is based on the wide range of weather that may occur on your voyage. You'll need to add or subtract based on how long your voyage is—this is just an estimate. Clothing that can be layered allows you to adjust for the conditions. Synthetic fabrics, like polar fleece, provide a warm layer and dry quickly if wet. Nylon fabrics and blends are lightweight and offer protection from the wind. Cotton fabrics retain moisture, lose their insulating qualities when wet, and dry slowly.

Clothing and gear should be packed in soft luggage for ease of storage aboard.

<p><b>Clothing:</b></p> <ul style="list-style-type: none"> <li>• 2–3 T-shirts 1 long sleeved (cotton or synthetic)</li> <li>• 1 heavy jacket (fleece or wool)</li> <li>• 1 light weight shirt/jacket (fleece or wool)</li> <li>• 1 pair loose fitting pants (nylon blend or cotton)</li> <li>• 1 pair shorts</li> <li>• 1 set of long underwear (synthetic)</li> <li>• 2-3 pair socks (wool/fleece)</li> <li>• 1 pair of shoes (comfortable, rubber-soled)</li> <li>• Sun hat with visor</li> <li>• Warm winter hat</li> <li>• Gloves</li> <li>• Bathing suit</li> <li>• <b><u>WATERPROOF</u> pants and jacket</b></li> <li>• <b><u>WATERPROOF</u> rubber boots/shoes</b></li> </ul>	<p><b>Special Items:</b></p> <ul style="list-style-type: none"> <li>• Prescription Medications: bring enough for the entire voyage</li> <li>• Seasick meds if needed</li> <li>• Women: Changes in environment and activity frequently cause changes in menstrual cycles. Be prepared with sanitary items.</li> <li>• Journal or notebook</li> <li>• Passport if required</li> </ul> <p><b>Optional:</b></p> <ul style="list-style-type: none"> <li>• Camera</li> <li>• Water resistant watch</li> <li>• Flashlight or headlamp</li> <li>• Water bottle</li> <li>• Small back pack or fanny pack</li> <li>• Small musical instrument</li> <li>• Book(s)</li> <li>• Sketchpad</li> </ul>
<p><b>Personal Items:</b></p> <ul style="list-style-type: none"> <li>• Tooth brush/tooth paste</li> <li>• Sunscreen, SPF 30 or higher</li> <li>• Razor</li> <li>• Spray-on Deodorant</li> <li>• Soap / shampoo</li> <li>• Comb/brush</li> <li>• Wet wipes</li> <li>• Sunglasses w/ strap</li> <li>• Contact lenses or glasses w/ strap</li> <li>• Towel and wash cloth</li> <li>• Sleeping bag</li> </ul>	<p><b>Leave Behind:</b></p> <ul style="list-style-type: none"> <li>• Alcohol, drugs, tobacco products</li> <li>• Personal stereos</li> <li>• Electronic games</li> <li>• Anything you can't risk losing or getting ruined by water or salt air</li> </ul>