

## Packing list – VO65

Please use a sea bag or a foldable bag. Suitcases are too bulky on board and difficult to stow away.

### Documents

- Identity card or passport
- (European) Health insurance card
- Travel health insurance (if needed)
- Driving license
- Sailing licenses
- Plane ticket

### Clothes

- Boat shoes (closed and anti-slip – please make sure that the sole does not rub off)
- Sailing boots
- Sailing pants
- Oilskin (waterproof jacket and trousers)
- Fleece jacket or pullover (at sea, it also gets cold at night in summer)
- Thermal underwear
- Hat and cap
- Scarf (optional)
- Sunglasses
- Swimwear
- Sailing gloves
- Underwear
- Clothes for on land

### Hygiene/health

- Sunscreen (no suntan oil!)
- After-sun lotion
- Lip balm (with and without UV-protection)
- Toiletries
- Shower gel and shampoo (if possible biodegradable)
- Personal medication
- Household remedies against seasickness (drops, chewing gum,...)
- Sleeping bag
- Earplugs/sleeping mask (optional – it is quite loud under deck)
- Towel
- Small pillow
- Laundry bag

### Safety equipment

- Lifebelt

- Sailing knife/ Leatherman (if you have one)
- Automatically inflatable life vest
- PLB or AIS beacon (if you have one, can otherwise also be rented)
- Headlamp (waterproof and red light function, spare batteries)

Food

- Cereal bars
- Sports nutrition
- Isotonic powder

For deliveries

- Games (card games and travel games)
- Books