



## Cool Weather Packing List

All items must fit in one (1) soft-sided duffel bag. Make sure to carry-on your essential items in case your checked bag gets lost - it's a good idea to simply wear your foul-weather jacket on the plane to save space!

### What you need to bring.

- Your wallet
- A passport

### What you should bring.

- Swimsuit (1) (Remember that the shower is outside, in the cockpit)
- Water bottle
- LED headlamp (we like a red LED option, [like this one from Petzl](#)) (1)
- Books / magazines
- Winter hat & scarf. We now sell #isbjornsailing winter hats online & onboard!
- Gloves (for helming) - [we like Sealskinz 'ultra grip.'](#)
- Sets of warm cloths & long johns. Packable down best. (2)
- Set of comfortable clothes to lounge & sleep in off-watch (fleece, sweatpants, shorts)
- Summer clothes for daytime (quick-dry preferable)
- hat / visor / sun protection
- Medications you take (you MUST tell us health issues)
- sunglasses
- watch
- personal toiletries
- full foulies (bib pants and good jacket with hood - Andy wears [Helly Hansen's](#) 'Ocean' range in cold weather)
- USB memory stick if you want photos from the trip
- An open mind and a willingness to work hard
- Deck boots (Andy & Mia wear [Dubarry 'Ultima' boots](#))
- Sleeping Bag (a packable, dri-down style, like [this one from Sierra Designs](#) is best).
- Dry bag for electronics - sailing is a water sport after all!

### Optional stuff.

- Multitool (we like [Leatherman's](#)) - CHECK WITH YOUR AIRLINE FIRST!
- iPad or Kindle for reading/podcast listening.
- earplugs and sleeping mask to block noise and light during day time naps.

### What *not* to bring - we provide this onboard.

- Towel (we provide quick-dry 'pack' towels), sheets & pillow
- Large electronics (like laptops - iPad's & Kindle's are okay)
- Sunscreen - we have plenty!

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