

Translated Packing List – 7 Days Sailing Trip

Item	Category
Travel documents (passport, copy, flight ticket, insurance, sailing license, etc.)	Essentials
Credit card, EC card, cash for the onboard kitty	Essentials
Soft travel bag or hiking backpack (no hard-shell suitcase!)	Essentials
Travel pharmacy (diarrhea, cold, flu, nausea, band-aids, disinfectant)	Essentials
Clothing (less than a normal trip, mostly swimwear; warm clothes in spring/fall)	Clothing
Sunglasses (with a strap if needed)	Clothing
Sports shoes (non-marking soles) - no flip-flops while sailing	Clothing
Water shoes (for swimming/urchin protection)	Clothing
Warm sweater (it gets cool at night)	Clothing
Cap or headwear (windproof)	Clothing
Long thin top	Clothing
Light windbreaker	Clothing
Swimwear (bikini/swim trunks)	Clothing
Sailing gloves (optional: work/cycling gloves)	Clothing
Towel (1 provided onboard, bring 1 extra)	Clothing
Cosmetics (no microplastics, preferably organic)	Toiletries
Lip care, aftersun, sunscreen SPF 30+	Toiletries
Shampoo and face wash	Toiletries
Toiletry bag with personal hygiene products	Toiletries
Mosquito repellent	Toiletries
Headlamp or flashlight and table light	Miscellaneous
Reusable water bottle and storage containers (for cold cuts, cheese, etc.)	Miscellaneous
Dry bag (optional)	Miscellaneous
Powerbank	Miscellaneous
Magazines/books	Miscellaneous
Music (preferably downloaded)	Miscellaneous
Games	Miscellaneous
Permanent marker	Miscellaneous
Two dish towels	Miscellaneous
Spices	Miscellaneous