PACKING RECOMMENDATIONS FOR SAILING TRIPS WITH S/Y EIRA

These are just recommendations and there might be stuff that is not included on the list that you want to bring. That is OK as long as you remember we still have limited space on the boat. Always think where you are going and how long the trip is: the ARC crew won't need as warm clothes as the North Sea or us sailing the Baltic. There are usually some chandleries around if you happen to miss something. We have **10 sets of foulies** on the boat. W carry everything from size **M to XL** (which is quite large). If you have any doubts about size, it can be good to bring your own.

There are lifejackets and lifelines for everyone on the boat. No need to bring your own (unless, of course, you have a pair you prefer, and in case, check with airlines how you can get them on the plane). Lifejackets have lights, sprayhoods and PLB: s. Eira has a setup bedding for everyone but if you feel more comfortable in a sleeping bag you are most welcome to grab one along (ARC or Trans-Atlantic crew don't need a sleeping bag). Please pack everything in a soft bag, the hard ones are difficult to stove away.

Clothes
- Boots or watertight shoes
- Decks shoes
- Jacket
- Fleece
- Stack of T-shirts and underwear
- Long-sleeved T-shirts (2)
- Warm socks
- Waterproof socks
- Base layer (2)
- A warm sweater
- Cap or sunhat
- Long trousers (2)
- Shorts (2)
- Swimsuit
- Beanie
- Neck warmer
- Gloves (not necessary sailing gloves but ones that keep you warm)

Basic items
- Toothbrush and paste
- Shampoo
- Wet wipes
- Sunblock

Miscellaneous
- Towel (travel towels excellent choice as they dry fast)
- Sunglasses (maybe one spare if you lose one)
- Dry bag or Ziplock bag for electronics etc
- Earplugs
- Headlamp with red light (there are some at Eira, but if you prefer your own)

Entertainment
- Music players
- Reading
- Sudoku – whatever your choice

Travel documents
- Passport
- Travel insurance card
- (Covid vaccination proof if required)

Medical equipment
Eira has a very extensive medical kit, but you might have some preference's there as well?