

What should I bring?

"To Bring" List for 5 Day Passage in Irish Coastal Waters

Please pack all your equipment in one soft bag, as there is no space on the boat for storing hard suitcases.

- Sleeping bag
- Pillow Case
- 3 fleeces
- 2 pairs of trousers/jeans/tracksuit bottoms
- 2 pairs shorts
- 3 Tee-Shirts or synthetic baselayers.
- Waterproof trousers or salopettes
- Waterproof jacket
- Lots of socks, at least 2 pairs for wearing in boots - again avoid cotton if possible. Underwear (5 days!)
- 1 Pair Sailing boots or wellies
- 1 Pair Deck shoes or runners
- 1 Warm hat/ beanie
- 1 Sun hat (baseball cap etc)
- 1 pair Gloves if outside of summer
- 1 Pack Towel or regular towel
- Personal Toiletries
- Sunscreen
- 1 Sailing Knife (Victorinox do a good simple sailing knife) fix on lanyard or string
- 1 Maglite or small torch
- Camera
- Phone (Access to mobile phones is restricted to "off duty" times - and subject to signal.)

When going to sea it is very important that the clothing you wear is suitable for the conditions you will be facing. Being warm, dry and comfortable will make the whole experience much more enjoyable. At sea it is much colder than on land, and even in the height of summer you should prepare to wear many layers, especially when sailing at night. Here are a few suggestions for the most suitable types of clothing to use when at sea. You should not need to go out and spend

lots of money on fancy gear.

Layers

The best principle is to use light layers which will trap air close to your body, providing insulation. Wet clothing will transmit your body heat away from you 30 times faster than if there were no water in it. You can buy expensive base layers such as the new Icebreaker Merino Wool range which are designed to wick water away from your skin, but these are not necessary if you are just making a short trip. Cheap polyester T-shirts from a sports shop are fine, as are football jerseys etc. Don't forget to bring a warm hat, you lose 30-40% of your body heat through your head and putting on or taking off a hat is an easy way to regulate body temperature.

Fleeces are the best option, you can wear two or three if necessary, and they will still keep you warm if they get wet. Try to avoid hoodies if you can, they will remain sodden if they get wet. You can always pack one to have something warm to sleep in, or as a dry option for wearing down below. Polyester tracksuit bottoms are the most comfortable things you can wear under your salopettes.

Footwear

You can buy cheap sailing wellies in a chandlery for about €40, but regular wellies will do. Good sailing boots will cost well over €100 and are an investment you make if you plan to do lots of sailing, but they're not necessary for these trips. If sailing in warmer weather then deck shoes are the best option. Try to avoid sandals, as it is good to have some protection for your toes when working on deck. Runners or skate shoes are OK, again so long as they have non-marking soles. If you have a pair pf Crocks these are ideal footwear on board.

Towel

If possible then get a Lifeventure or a Speedo pack towel. They are made from slightly different materials but both can be squeezed dry and will make it much easier for you to keep your cabin dry, as a cotton towel will not dry out.

Jackets

Cheap waterproof jackets and leggings are available for

about €15 from hillwalking shops or workwear stores.

Sunglasses

Sunglasses are important to protect your eyes from the glare at sea. You can get UV400s for under ten euro. Polaroids help to reduce glare which can make it easier to spot things on the horizon, but you can easily do without them. A lanyard around your neck will stop you losing them.

Shore clothes

You can keep a clean set of clothes for going ashore, that you don't wear while sailing. If you store these in a waterproof bag whilst at sea it does not matter whether they are made from cotton or not.

Sleeping Bag

Avoid bringing a down sleeping bag, as this will lose its insulative properties if it gets wet. Again use a synthetic material. Bring one sheet as a bunk cover and a pillow case. It's OK if these are cotton.

Medication

If you have any medication that you routinely use it is good to bring them with you, and you must inform the skipper what you have. There is a full First Aid kit on board. Bring seasickness tablets, and start taking them the evening before you go onboard, so your body has time to get used to them. Stugeron seems to work well. Remember to pack suncream factor 50. Sunlight is very strong at sea even if its cloudy.

Toiletries

There are two showers onboard, and two flush toilets. Usually there is enough water that everyone can have a shower at least every second day, if not every day. Bring the toiletries you usually would for any short trip away. There is soap and toilet paper on board.