

Ocean Sailing Expeditions Crew Gear List

Clothing	Cold/warm 0-20 degrees	Warm/ hot 20-35 degrees	Packed
Swimsuit	optional	yes	
Shorts (quick dry)	yes	yes	
Shirt -short sleeve (quick dry) 1 per day	yes	yes	
Shirt- long sleeve (quick dry)	yes	yes	
Underwear	yes	yes	
Base layer thermal top x 1 (merino long sleeve)	yes	optional	
Base layer thermal pants x 1 (merino long johns)	yes	optional	
Middle layer pants (Track suit fleece)	yes	yes	
Middle layer polar fleece (1 spare optional)	yes	yes	
Deck shoes 1 pair	yes	yes	

Personal items

Sun hat / sun protection / sunglasses	yes	yes	
Medication - (you must declare all items before departure)	yes	yes	
Seasickness tablets (if required / some stock on board)	yes	yes	
Watch/phone	yes	yes	
Personal toiletries	yes	yes	
Water bottle	yes	yes	
LED Headlamp - Red bulbs (spare batteries)	yes	yes	
Books / magazines	yes	yes	
Ear plugs / eye mask - if light day sleeper	yes	yes	
Bedding supplied (Its always 15-23 degrees in cabin at night)	no	no	X
Phone/ charger cable	yes	yes	
Camera/Go Pro/Phone	yes	yes	
Large plastic zip lock bags x 2 (To store dry clothing)	yes	yes	

Outer wear

Warm hat for night watches	yes	yes	
Wet weather jacket and pants	yes	yes	
Sea boots	yes	optional	
Lightweight rain jacket (or use wet-weather jacket)	yes	yes	
Waterproof gloves for helming	yes	no	
Balaclava	yes	no	
Neck tube or scarf	yes	no	
Waterproof / wool socks (2)	yes	optional	

Notes
