



Sailing@excelsiortrust.co.uk

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Kit List

Your bag must be a soft bag, holdall or rucksack that will scrunch down and store easily. You may find it better to have a couple of smaller bags. No suitcases! They do not fit easily into a ship. Whatever you bring, you must be able to carry it yourself

Sleeping bag (or duvet and sheet) with pillowcase – pillows are provided

We have a supply of foul-weather outerwear but if you have your own, please bring it along

Do not bring your own life jacket or life-preserver, you will not be covered by our insurance if you are wearing it, and something happens

Clothing: the number of changes and types of clothes you bring will need to reflect the length of your voyage and the weather you're likely to encounter. Merino wool is very good for anything you wear next to your skin as it dries quickly, is antimicrobial and doesn't get smelly!

Think layers. Think quick drying.

Pajamas or comfortable things for when you're off-watch

Underwear and socks

Base layers

T-shirts

Shirt with long sleeves to cover up in sun

Shorts/trousers which are quick to dry. Jeans are not advised whilst at sea as they stay wet

Warm trousers

Fleece/sweatshirt

Gloves – to protect your hands when handling ropes.

Wind/shower proof jacket

Warm hat and buff - fleece is ideal as it dries quickly

Sun hat or cap for summer

Footwear:

non-slip deck shoes, walking boots or trainers

Wellies or sailing boots, if you have them

Medicinal and practical:

Anti seasickness medication!

Prescription medicines e.g. inhalers (you MUST tell your skipper about any medications you take)

Personal non-prescription medicines – rehydration sachets, Imodium tablets, paracetamol, ibuprofen, antihistamines. Blister plasters may be useful. Antiseptic cream, plasters etc.

Sunglasses/glasses

High factor sunscreen and lip salve

Towel - microfibre towels are excellent as they quick drying

Soap or a body/hair gel, deodorant, toothbrush, toothpaste

Baby wipes – Excelsior does not have a shower, so wipes or soap and a washcloth are a good alternatives

Plastic bags are useful for wet items

Money – all meals are provided on board but pocket money in case we go ashore – do you need Euros or another currency?

Passport – if needed. You would have a minimum 6 months remaining after your return date

Visa – from summer 2025, the EU will require non-EU citizens to have an ETIAS (European Travel Information and Authorisation System)

Phone/Camera – waterproof case would be good as it is likely to get splashed

Playing cards, something to read or do during your down-time. Your phone may not always have a signal at sea! (think about your roaming charges too, do you need a different Sim or extra credit?)

Refillable water bottle

Extras: it's always nice to have 'land' clothes for when you're out and about in port and for any parties you might be attending! Tip: try to keep them in a separate bag away from your sailing clothes

Packing tip: using packing cubes can help keep your kit organised, especially on longer trips

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