

# TEMPERATE PACKING LIST

We recommend you pack very light. Pack in a small, squashy duffle-type bag, **not** hard suitcases as there is no room to store them on board. Your primary storage space will be in a box next to your bunk (roughly the size of a 100l duffle bag).

On temperate trips, conditions can vary quite widely. Water temperatures typically range from the high 40s to low 70s °F, with air temperatures cool at night (often in the 50s or 60s °F) and warmer during the day, sometimes reaching the 70s or 80s °F on land. Time on the water often feels cooler due to wind. Be prepared for variable conditions including wind, rain, fog, and cooler night watches.

You will see that we recommend specific materials for certain items. These materials are recommended for their technical properties, eg wool (thermal and wicking) for base and some mid layers, thermal for mid layers, water proof and / or quick drying for outer layers.

It is required that headlamps have a red light option for use at night, which protects your night vision. For water bottles, we recommend a minimum capacity of 16oz (24-32oz would be better) insulated is ideal, and with carabiner to clip to the helm station and your bunk. We recommend bringing a watch, even if you don't usually wear one, to keep time on deck without getting your phone wet/damaged.

Suggested items to bring are:

## TOILETRIES

- Sunscreen (We recommend mineral based formulations: non-nano zinc oxide & titanium dioxide)
- Personal Medication
- Towel (quick dry is best)
- Toiletries (toothpaste, lotions,
- contact lenses & solution, etc.)

## OUTERWEAR

- Hats - for sun protection and for warmth
- Warm gloves (Gore-tex/waterproof recommended)
- Neck warmer

### CLOTHING

- Underwear
- Warm Socks (eg wool) x3-4
- Long Underwear (eg wool) x1-2
- Warm Mid Layer Top and bottom (down/fleece) x1-2
- Warm Mid Layer Bottom (fleece) x1-2
- Pants (we like quick-dry hiking pants, jeans dry too slowly) x1-2
- T-shirts x2-3
- Shorts x2-3
- Long Sleeved Shirt (sun protection, warmth) x1-2

### WE WILL PROVIDE

- Pillow, linens, and blanket
- Foul weather gear top and bottom (Feel free to bring your own if you like)
- Individual Spinlock Deckvest PFD (personal flotation device) with integrated harness, tether, and AIS beacon
- Full medical kit
- All meals onboard (vegetarian)

### FOOTWEAR

- Closed-Toe deck shoes (no flip-flops on deck)
- Waterproof sailing boots
- Sandals

### OTHER

- Sunglasses
- Headlamp (red & white light)
- Watch (to keep time on deck)
- Reusable Water Bottle with carabiner
- A good book or two (we have a library on board as well)
- Swimwear

