

CHECKLIST: FIRST TRIP

- Sleeping bag
- Sleeping bag liner
- Pillowcase
- Towel
- Washing & shaving kit
- Sunblock
- Seasickness pills, e.g. Stugeron
- Wet wipes
- Polythene bags
- Torch
- Batteries
- Pen & notebook
- Knife
- A float for your keys (when you drop them overboard!)

- Mobile phone & 12V charger
- Book & games (if stormbound)
- Present for the boat, e.g. cake, booze

- Shoes (2 pairs, one for afloat & one for ashore)
- Wellies (non-slip soles)
- Socks (aircraft socks dry quickly)
- Trousers
- Shorts
- Underwear
- Shirts
- Sweaters
- Neckwarmer
- Sailing gloves
- Woolly hat
- Sunhat
- Cap
- Sunglasses
- Waterproof clothing
- Mid-layers
- Swimming costume
- Consider goggles & snorkel (or are these provided?)

- Passport
- Insurance certificate
- UK Global Health Insurance Card (GHIC)
- Driving licence
- Money & credit cards
- Rail or air tickets

To download: visit www.fernhurstbooks.com. Search for 'New Crew's Pocketbook' & click on 'Additional Resources'