

## I'm going on a trip and I'm taking with me...

checklist for going on board the AVONTUUR by Hannah

- = to bring
- = already on board
- ☐ = tips and notes

In general prior packing think about the journey you will join on board. For how long will you be underway?  
What climate will you pass through?

There is limited space on board to store your things so **take as much as necessary and as little as possible.**

### Documents

- Valid passport  
(Make sure it is still valid throughout the journey! Some countries have rules for how long it still has to be valid for when entering the country)
- If finishing the trip in another country check visa regulations
- Travel insurance documents
- Shipmate contract
- Proof of Vaccination and negative Covid-19 test
- Proof of Yellow Fever Vaccination

### Sleeping

- Bedding, sheets, blankets, pillows, etc. is given on board.
- There is a hot water bottle for each Shipmate.
- Sleeping bag (in case you get cold easily)

### Provisioning

- Meals are provided, snacks for in between are your responsibility
- The Avontuur is a dry ship – there's no drugs or alcohol allowed on board (despite the rum barrels in the cargo and a little sip of rum on captain reception)

### Hygiene

- Towel (fast drying is recommended)
- Shampoo / Body soap  
(Make sure it is ecological - No micro plastic!)
- Toiletries (toothbrush, -paste, ...)
- For the girls, think about using a menstrual cup. Made life for me very easy on board!
- Washing powder/ liquid for clothes, as well as hand soap and disinfectant are already on board
- Heaps of sunscreen

## Clothes

### *Working*

- Working trousers and shirts  
Bring clothes that can get completely dirty as you will be working with tar, paint, oil, etc.  
Things do wear out super fast so 'real' working clothes made out of stable material are helpful
- Working boots (steel cap is mandatory for on and offloading)
- Sailors knife

### *Sailing*

- Lifejackets are on board
- Foul weather gear/ waterproof clothing  
(! Sailing gloves for rope handling are NOT of use)

In general it depends how much money you want to spend on them. Good quality, though, does come in useful on a long journey as these clothes are what will (really should!) keep you warm and dry. Don't hesitate getting advice in a store. Best is to try them on as they have different fits from brand to brand.

Common brands:

- Gill
- Musto
- Helly Hansen
- Zhik
- Decathlon Tribord (cheaper version, but also less quality)
- Marinepool
- Fishing gear is a great and cheap choice (but no breathable fabric)

As foul weather gear is quite expensive, think about taking a wind/waterproof working jacket where you don't mind getting really dirty.

- Sailing boot (same as working boots)  
Should be reliable waterproof boots with a good anti-slip sole, gumboots or sailing gumboots, they need to sit tight and not fall off your feet when moving around (not only going just over the ankle)

### Generals

- Nightwear
- T-shirts/ Tops
- Long-sleeves
- Hoodies/sweaters
- Underwear
- socks
- Clothes for going on shore
- Sneaker

Take things you feel comfortable in! Also life on sea wears things down to the very end so think if you want to take your favourite stuff...

Wool is the best material to take (almost self-cleaning) whereas cotton takes ages to dry and polyamide/nylon/etc. get smelly very fast.

Take clothes you can wear in layers

### For cold waters:

- Gloves
- Hat/ beanie
- Long underwear (perfect to wear under foul weather gear)
- Warm sweater
- Scarf (something to keep neck/throat warm)
- Warm socks

### For warm waters:

- Swimwear
- Hat/ headscarf for sun protection

### Other stuff

- Music instrument (as long as not too big)
- Notepad + pen
- Flashlight/ Headlamp can be quite useful if with red light
- Books/ eBook (there's also quite a big library on board)
- Electronics:  
Think about marking your cables before it gets messy  
Best is to take a dry or plastic bag to keep your phones, etc. safe from humidity
- To all the smokers: if you don't plan on quitting calculate your consumption
- Music box

If you take any medication make sure not to plan conservative. You might be out at sea for a long time and as you go by the wind trips often take longer than planned.

To all the music addicts: There won't be service so download the stuff you like.

### Bags

Please pack your things in a backpack or foldable bag as there is no space to store suitcases!