



(Provisional)

The kit that you'll need will vary depending on the legs that you're sailing on. On all of the legs storage space will be limited and so it'll be worth thinking carefully about what to take. Fresh water to wash clothes will be limited and so synthetic thermal type materials will be best as they don't smell too much and are easy to wash and dry. Life jackets and safety harnesses are provided on-board. Bring some books and CDs to add to the library on-board.

Also bring your passports, medical certificates and proof of insurance and insurance emergency contact numbers.

Atlantic Legs

- For the longer legs heavy duty oil skins are essential and lighter oil skins will be fine for shorter legs
- Waterproof sailing boots or wellies
- Thermal under wear
- Thermal leggings and tops or t-shirt and trousers
- Fleece or soft-shell jacket
- Shorts and t-shirts
- Light windproof top
- Hat and gloves
- Sun hat
- Sun glasses and a spare pair
- Quick drying sports/camping towel
- Wash kit
- Sun block and after sun
- Sleeping bag
- Sea sickness tablets
- Plenty of contact lenses or spare pair of glasses
- Swimming costume



Antarctic Legs

- Heavy duty Gore Tex oil skins – jacket and salopettes
- Boots – either sailing boots like Dubarrys or cold weather boots such as the hi-cut arctic version from <http://www.muckboots.com/coldweather.htm>
- Thermal underwear (six pairs)
- Thermal leggings and thermal tops (six pairs)
- Fleece or soft-shell salopettes/trousers
- Fleece or soft-shell jacket
- Mid-layer fleece tops to wear under jacket in cold conditions.
- Thick, heavy duty socks fibre pile or wool (six pairs), thermal under socks or additional socks to go on top if your feet get cold easily. Winter mountaineering socks are ideal.
- Two balaclavas or thick wool/fleece hats (windproof ones will be warmest)
- Thin thermal gloves and thick wool or fibre pile gloves or mittens (several pairs).
- Waterproof over-mits
- Shoes to wear down below
- Trousers and t-shirts for warmer days
- Sun glasses and spare pair. Glacier glasses or good skiing ones that stop the sun getting in around the sides are ideal
- Quick drying sports/camping towel
- Wash kit
- Sleeping bag
- Sun block and after sun
- Sea sickness tablets
- Plenty of contact lenses or spare pair of glasses
- Swimming costume!



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Suggested Kit List

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All Legs

Bring your camera and plenty of memory cards. There are 12 V car charger points onboard and limited 240 V from inverters, but bring some spare batteries.