

Thalassa Kit List

CLOTHING AND TOILETRIES

Bag

When packing, think of the limited space on board. Pack in a foldable bag; there's no space to store big, hard covered

suitcases. Even better if the bag is waterproof!

Make sure that your luggage is clearly labelled with your name and destination on the outside. Also, put a second label

or big piece of paper inside your luggage with the same information, the name of the Ship and your mobile number.

Warm and waterproof clothes

It can get pretty cold during sailing, especially at night (even during the summer). Make sure your jacket and/or rain suit

are windproof! Bring rubber boots or waterproof shoes, next to your regular set (sneakers or boat shoes). Choose shoes

with profile on the soles to avoid slipping on a wet deck. The waterproof jacket, trousers and boots are especially

important for smaller vessels, on which waves are likely to get on board once in a while.

Sometimes work on board can get a little messy, so you might get dirty. Bring appropriate clothing and don't forget that

doing laundry might be difficult, or even impossible.

Clothes & essentials:

- Comfortable shoes with low heel and nonslippery soles
- Boots or waterproof shoes
- Sandals (preferably ones that stay on your feet, no flipflops)
- Enough clothing for all weather circumstances
- Watertight jacket and pants
- Warm sweaters, T-shirts etc.
- Socks, underwear and nightwear/ pyjamas
- Swimming gear
- Hat or cap, scarf, gloves – even in the summer,

unless you're sailing in the tropics

- Toiletries (toothbrush, toothpaste, hairbrush, shampoo, soap etc.) Consider a bar instead of a plastic bottle, and check your ingredients with the PlasticFreeFuture app. Be mindful that whatever goes down the drain, ends up directly in the ocean!

Other recommendations:

- Photo camera and filming equipment
- Sunglasses (with a cord) and if you use glasses, take a spare pair with you!
- Sun lotion - an ocean-safe and (micro)plastic free one! Check this via e.g. Reef safe sunscreen and the PlasticFreeFuture app.
- Personal medicines; over-the-counter motion sickness medication
- Small backpack to use in the harbour
- Musical instruments
- Board games
- Addresses of family and friends
- Pen and paper
- Reusable water bottle
- Some special snacks from your country
- Don't bring expensive jewellery
- Recommended: earplugs and an eye mask.

EXTRA REQUIREMENTS: All bedding and towels are provided on board.

Electricity on board is 220V – you will need a 2-pin plug (European).