



Aquatic Consulting Services

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Boating Tip #34: Packing List for Overnight Sailing Trips

Pack everything in soft sided luggage or a duffel bag. Remember that storage space is extremely limited on a sailboat. Whatever you bring along is going to share your bunk.

- Sleeping bag or blanket
- Pillow
- Toiletries
- Sunscreen
- Dramamine (or whatever keeps you from getting seasick)
- Clothes: shorts, T-shirts, long pants, long sleeved T-shirt, undies, something to sleep in, sweat shirt or fleece
- Foul weather gear
- Gloves (sailing gloves and gloves for warmth)
- White soled sneakers or deck shoes (2 pairs – 1 is bound to get wet)
- Jacket
- Hats (1 for sun protection and 1 for warmth)
- Bathing suit, goggles
- Wet suit or Lycra dive skins
- Towels (1 for showering, 1 for the beach)
- Camera, film, video camera
- CDs, DVDs, Walkman, MP3, iPod...
- Books to read
- Cash, credit cards, automatic teller bank card, ID
- Earplugs
- Eyeshades
- Small flashlight
- Alarm clock
- Small waterproof bag for carting clothes and items to shore

Optional:

- SCUBA or snorkeling gear, C-cards
- Fishing tackle, fishing license