

## MAKE YOUR BAG:

To facilitate the tidying on board please come with a soft luggage, not a suitcase



### **Cold countries: in summer**

Warm, waterproof clothing, ideally overalls and a jacket, or a mountain / ski outfit.

Fleeces/sweater, see under warm clothes if you are really chilly.

A pair of hiking shoes for shore excursions, otherwise a pair of soft sneakers.

A pair of shoes suitable for sailing, otherwise a pair of flexible sneakers.

A pair of slippers or Croc or light indoor shoes.

Classic indoor clothing.

Hat, small gloves (photos), lip stick, sunscreen, special strong protection sunglasses for snow, iceberg

...

If you are sensitive to seasickness, plan a preventive remedy for the first few days, ask your pharmacist/doctor (Scopoderm), also take your specific prescriptions.

Towels, shampoo and swimsuit (hot springs ... or cold baths).

Headlamp, binoculars, camera, USB key or SD cards or external hard drive if no computer for storing and sharing photos... your specific chargers. Be careful with the cold, batteries last less time.

A specialty of your region to share.

Pocket books... or tablet.

A small backpack for walks, a notebook for your log book.

And above all, no suitcase!