

MAKE YOUR BAG:

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



Cold countries: in winter, coastal navigation

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

Warm underwear and a second layer of fleece/sweater, maybe even a third layer if you are sensitive to the cold.

A pair of hiking shoes for shore excursions, otherwise a pair of everyday/running sneakers.

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

For the interior a pair of warm slippers or light shoes and classic clothes.

Warm hat, gloves (waterproof if possible), lip stick, sunscreen, special sunglasses strong protection 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 temperatures 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!