



• EXCELSIOR •

VOYAGE KIT LIST

Less is more-

Your bag must be a soft sail bag / ruck sack that will store easily in a locker - no suitcases. You must be able to carry it yourself.

- Sleeping bag (or duvet and sheet) with pillow case – pillows provided
- Pyjamas

The number of changes you bring will need to reflect the length of your voyage

- Underwear- including thermal underwear, it gets cold at night
 - Socks
 - T-shirts – quick drying shirts
 - Shirt with long sleeves to cover up in sun.(ever hopeful!)
 - Shorts / Trousers which are quick to dry
 - Warm trousers
 - Fleece / Sweatshirt
 - Gloves – to protect your hands when handling ropes.
 - Windproof Coat
 - Warm hat (fleece / wool)
 - Sun hat (if summer)
 - Non slip Deck shoes/walking boots (Trainers will do)
 - Wellies
 - Sunglasses / glasses with lanyard
 - Sunscreen
 - Lip salve/screen
 - Towel-Microfibre towels are excellent
 - Toiletries – all-purpose soap solution is good, toothbrush, toothpaste.
 - Prescription medicines e.g. inhalers
 - Plastic bags are useful for wet items
- **2018 Tea towel challenge – can all trainees bring a tea towel that they do not expect to get back. Special credit for the best design!**

In addition, group leaders may wish to bring on behalf of their wards

- Small First aid kit – dioralyte sachets, immodium tablets, paracetamol, ibuprofen, antihistamines and **travel sickness tablets (essential)**. Blister plasters may be useful. Antiseptic cream, plasters etc.
- Cash- not essential as all meals are provided but pocket money in case we go ashore
- Camera – waterproof case would be good - it is likely to get splashed.
- Playing cards and something to read

THE EXCELSIOR TRUST *Broadening horizons at sea*

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