

## **James Cook voyage kit list**

You will be met with a range of conditions during your voyage on the James Cook: you may be on deck in a range of temperatures from a cold 4am watch to hot midday sun. You need to pack practical, sensible clothes for sailing, some clothes for going ashore and be pretty ruthless in keeping your stuff to a minimum.

- Sleeping bag (a pillow makes for a more comfortable nights sleep).
- Wellies and trainers or other non-marking shoes
- 3 complete changes of outer clothing and enough underwear and socks to keep things sweet for the time you are aboard.
- Hat, gloves, sunglasses and sun lotion
- Shore clothes – limited amount
- Toiletries and towels – **no aerosols please**, instead bring roll-on deodorants.
- Swimming costume
- Any personal medication. If you use an inhaler, please bring a spare.
- Personal belongings: glasses, camera, diary, books etc.
- CDs – there is a CD player on board for the use of the crew
- Money for personal expenses and shore entertainments.
- Sense of humour, willingness to get stuck in.
- Passport and E I I I if you are going abroad

### **Please don't bring:**

Rigid suitcases, torches, electronic games, alcohol or drugs, personal cd or MP3 players with headphones, fireworks or alarm clocks.

### **Mobile phones:**

While sailing we insist that mobile phones are switched off and stowed away. Phone use is allowed while ashore, and in emergencies the boat can be contacted via the shore office 0870 241 6789 or through the boat's mobile phone 0776 989 3070.