

## **Ocean Youth Trust North Kit List**

For your voyage on James Cook we would like to recommend you adhere to the following guidance notes on your packing check list.

### **Medical care**

It is of the utmost importance that if you have a disorder or sickness for which you use medication that you inform us in advance. We ask you to ensure that you bring enough medication for the entire voyage. We also request that you flag any medical conditions to your skipper before we leave for your voyage, ensuring that they are informed if you are carrying any medication.

When bringing any medication onboard we respectfully request that it is clearly labeled with your name and is accompanied by instructions for use to avoid any confusion. If you have any concerns about a specific health problem, we advise that you get in touch with our office.

### **Luggage**

Please do not bring suitcases or hard bottom bags for your voyage. They take up a lot of space and cannot be stowed. We ask to only use sturdy but soft luggage bags.

### **Sleeping**

You will need a sleeping bag and pillow as bedding is not provided. We suggest that you bring warm pyjamas as the temperature onboard can vary.

### **Clothing**

Staying warm, dry and comfortable will allow you to maximize your experience. Layering for warmth is the best approach. We suggest thermals as a base layer if you have them. Trousers, t-shirts, long sleeve jumpers, fleeces, thick socks. Other accessories such as a warm hat, gloves and a scarf are also recommended.

We suggest bringing waterproof shoes such as Wellington boots as well as trainers or boots. As you will be wearing these daily they should be comfortable, if they are too tight they will give you cold feet, if you can fit on 2 pairs of socks all the better.

### **Sunscreen and sunglasses**

**Water reflects the sun's harmful rays and alongside the wind seriously increases a person's risk of sun burn.**

**It is essential that you are adequately protected from the sun by bringing with you a sunscreen with a high SPF that is suitable for you skin type and a pair of sunglasses to protect your eyes.**

### **Toiletries**

Please keep your toiletries to a minimum restricting yourself to what is absolutely necessary. You will need to bring a towel suitable for showering with. Please do not bring aerosols onboard. Any found will be confiscated until the end of the voyage.

## **Personal belongings**

You may bring personal items such as glasses, camera, torch, music. It is advisable that you bring a refillable water bottle.

You may bring your mobile phone with you however; its use is restricted to your free time only, there is no means to charge it. Whilst at sea all mobile phones must be surrendered to the Skipper for safe keeping. Any member of the crew who abuses this rule will have to surrender their phone until the end of the voyage. Mobile phones are brought at your own risk and during free time their safe keeping is your responsibility. They are not insured if lost overboard or if damaged during the voyage.

**We ask that you do not bring the following items onboard James Cook:**

- alcohol or drugs
- electric games
- fizzy / energy drinks
- alarm clocks
- valuable items such as jewellery
- aerosols
- chewing gum