



## TROPICAL COASTAL PACKING LIST

v. December 2, 2025

*All items must fit in one (1) soft-sided duffel carry-on, we recommend [Helly Hansen 70 L or 90 L duffel](#). Check bags at your own risk! Remember, no laundry during the passage, only ashore if available. (Hand-wash is an option, but not recommended).*

### Required for All Passages

- Your wallet & passport
- Swimsuit (1) (Remember that the shower is outside, in the cockpit)
- Water bottle for use onboard
- LED headlamp (with red /white option, rechargeable with USB)
- Hat / cap (with a retainer clip) / visor / sun protection
- Polarized sunglasses ( \*2 in case one gets lost overboard)
- If you wear regular glasses – make sure you bring a spare!
- Earplugs & sleeping mask to block noise and light during day time naps.
- Watch (to keep track of time on / off watch). Waterproof
- Personal toiletries
- Medications you take (you MUST tell us your health issues in the crew forms)
- Seasick medication
- Sunscreen – for body and lips. Preferably a reef safe / environmental friendly.
- Set of comfortable clothes to lounge & sleep in off-watch
- An open mind and a willingness to work hard

### Passage Specific – Tropical Coastal

- Rain jacket (a heavy foulie jacket can be too bulky for a coastal passage in the tropics, a lighter jacket like the Helly Hansen [HP Foil Jacket](#) or [Inshore Cup](#) are good options).
- Summer clothes (quick-dry preferable).
- Lightweight long-sleeve shirts (think sun protection) [Like this one from Helly Hansen](#).
- [Outdoor / hiking pants](#) (quick-dry preferred), also great for sun protection.
- One set of warm clothes for evening watches (fleece or similar)
- Silk Sleeping liner / sheet, [like this one](#).
- Deck shoes / Sailing shoes



## Optional Gear

- iPad or Kindle for reading/podcast listening plus headphones.
- Sailing gloves (for sensitive hands) (also good for sun protection at the helm).
- Rain pants that will be easy to get on and off (if it's a squally night, or sprays in the cockpit). ['Loke' style](#) from Helly Hansen or similar.
- Knee pads when working on deck (Musto & Spinlock make nice ones)
- Dry bag for electronics
- Shore clothing if you plan to spend time ashore before / after the passage.
- [Hydration salt / Electrolyte tablets](#) (to help stay hydrated during passage). Recommended 1-2 tabs per day.
- Carabiners to hang your water bottle or gear around your bunk.
- Quick dry wash cloth / baby wipes between showers.

## What NOT to Bring (Provided Onboard)...

- Bath towel (we have cotton towels from [bulldano.com](#) for crew to use)
- Sheets & pillow (we provide a fitted sheet around the mattress, a flat sheet to cover with and a pillow with pillow case)
- Large electronics (like laptops – iPad's & Kindle's are okay)
- PFD & tether
- Insulated mug for hot drinks (we have onboard for crew to use)
- Sleeping bag (it will be warm enough – but bring a silk liner in addition to the sheets we provide.)

*See additional 'Packing Notes' PDF for more details and explanations.*