



COLD | WARM PACKING LIST

v. March 20, 2026

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 – Cold | Warm

- Full foulies (bib pants and good jacket - the 59° North team wear the Helly Hansen's [Skagen' Offshore](#) range or [Aegir Race](#) (the Aegir jacket can be a bit bulky). [HP Foil](#) is a good option on warmer passages.
- [Mid-layer jacket](#) & fleece to keep you warm.
- Warm hat and buff
- Gloves to keep you warm when helming and handling lines.
- Base layers, top and bottom. (merino wool preferred)
- Sailing boots - like [these from Helly Hansen](#) (On really cold passages: boots from [Dubarry](#) or [Boatboot](#) are great, or you can add a warmer insole to your regular boots)



- Socks, merino wool preferred.
- [Outdoor / hiking pants](#) (quick-dry preferred).
- Summer clothes (quick-dry preferable).
- Lightweight long-sleeve shirts (think sun protection) [Like this one from Helly Hansen](#).
- Deck shoes / Sailing Shoes
- Sleeping bag.

Optional Gear

- iPad or Kindle for reading/podcast listening plus headphones.
- Sailing gloves (for sensitive hands) (also good for sun protection at the helm).
- 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 [buldano.com](#) for crew to use)
- Sheets & pillow (we provide a fitted sheet around the mattress and a pillow with pillow case. A flat sheet to cover with is provided in hot weather)
- Large electronics (like laptops – iPad's & Kindle's are okay)
- PFD & tether
- Insulated mug for hot drinks (we have onboard for crew to use)

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