PACKING LIST NOTES
November 23, 2026

This document should answer some questions you may have when it is time to pack your bag to go sailing. The document is not trip specific, so use it as a guideline – every recommendation may not apply to the specific passage you are sailing on.

HOW TO PACK?

- All items must fit in one (1) soft-sided duffel bag, we recommend Helly Hansen 70 L (warmer passages) or 90 L duffel (colder passages when you have bulkier gear) plus a small day-pack if necessary. **No hard bags / suitcases** can be stored onboard.
- Check bags at your own risk, pack your essentials in a carry on. Make a list of what you have packed in your checked bag, if your bag gets lost, you know what's missing.
- Organize your clothing and gear in mesh bags (packing cubes) or dry bags in your big duffel, that will help you keep your gear organized while onboard.

WHAT TO WEAR OFFSHORE?

Helly Hansen has a great guide on 'What to wear for Offshore Sailing' when it comes to layers / gear / waterproof etc.

Keep these three pieces in mind for most passages when it is chilly:

- a base layer immediately next to your skin to wick away moisture, preferably merino
- a middle layer to keep you warm
- an outer shell layer to protect you from cold winds and to keep water out.

Another aspect is the sun protection – there is no shade in the cockpit, whether you're on ISBJØRN, FALKEN or one of the racing charter boats. Long sleeve UV shirts (preferably with a hood to keep your neck out of the sun) to protect from the sunshine, a hat / visor and buff to cover your neck.

HOT PASSAGE CLOTHING EXPECTATIONS

The tropics are HOT & HUMID. To be respectful of the crew & boat we generally expect common-sense decency. Specifically, we expect the following:

- Shirts on when sitting around in the salon/nav station to keep cushions clean.
- Shirts on for group meals (dinner) and when cooking.
- Don't walk around in your underwear - sleeping shorts worn when off-watch.
- On deck, helming, lounging etc shirtless/bikini tops are fine.

FOUL-WEATHER GEAR

There are lots of foul weather gear brands on the market, make sure yours is meant for sailing and not just shore use. Typical offshore features to look for is the level of waterproofness. Then the cuffs around the wrists, water needs to be able to stay out. A good hood and zipper pockets. 59º North staff use the Skagen & Aegir Ocean on heavier passages (Aegir can feel a bit heavy and bulky), & HP Foil / FOIL X jackets on tropical passages.

IS YOUR GEAR WATERPROOF?

Before the trip, make sure you check that your foul weather gear is waterproof. Get a hose or bucket and test them, and sit in a puddle of water for some minutes. Helly Hansen has a page on their website with instructions on how to clean and waterproof your old gear (same instructions apply for other brands. HellyTech is their version of GoreTex).

BOOTS

Boots have two functions – 1) to keep your feet warm on colder passages, and 2) to keep your feet dry. Good grip, not leaving black marks on deck and they need to be comfortable enough that you can easily move around the boat.

- On colder passages, boots with a thick sole keep your feet warmer. You can add an inner sole from sheep skin or reindeer skin to add warmth. If you use regular boots, you often need to go up a size to fit a sole and warmer socks. Or go all-in and purchase a pair of insulated boots, like these Dubarry or Boatboot.

- In order for the water to stay out of your boots, they need to be calf height (not the ankle boots that have been popular the last couple of years – imagine you're on the foredeck, your pants rise up slightly and your ankle high boots scoop up a wave).

DECK SHOES

- We recommend the crew to wear shoes on deck, the deck can get hot in the sun, and shoes help you from stubbing your toes.
- The style of shoes is personal preference (no flip-flops while sailing), make sure they have good grip and are comfortable. Many of the staff wear Crocs on warmer passages.
- We recommend having socks when wearing sailing shoes / sneakers to avoid smelly shoes (saltwater and sweat is a bad combination). Merino wool preferred, even in hot climate.
- You will have one pair of shoes for shoreside, and one pair onboard to avoid getting the boat muddy/sandy. On warm passages, a pair of sandals / flip-flops can be used ashore.

HATS, GLOVES & OTHER CLOTHING

- Some crew prefer to have fingerless sailing gloves when helming / handling lines, (good for sun protection). On colder passages you need warm gloves both day and night. Warm, waterproof gloves for helming, and another set for handling lines. On colder passes, pack at least 3 pairs of gloves so they have time to dry in between watches. These insulated fisherman gloves are great while helming on cold passages.
- A hat or cap is a must to keep sun off your face, a cap retainer clip is recommended.
- Buffs or handkerchiefs work better than a scarf, a UV buff is great to keep the sun off your neck, and can be used as a hair band.
- On colder passages, pack one or two hats (make sure they are windproof, not just warm).

HEADLAMP

Your headlamp must have a white and a red setting, and be easy to use (you should be able to turn it on with your eyes closed). If you are buying a new one, preferably buy one that can be charged with a usb cord. This Petzl headlamp is a good example.

SUN PROTECTION

There is no shade in the cockpit, whether you're on ISBJØRN, FALKEN or one of the racing charter boats, so keep this in mind when packing. Sun protection (long sleeve shirts, hats and good quality sunscreen) and light materials is the key on sunny / hot passages.

- Sunscreen: No spray-type sunscreens, as it will cover the interior / the cockpit. Stick or liquid sunscreen works better onboard.
- Clothing: in the tropics, long sleeve shirts are great, especially the ones with the hood. Note that synthetic can get stinky quicker, bamboo / viscose or light merino are good options. Long sleeve pants help keep the sun off your legs during the hottest hours.
- Hat: A full brim hat (with chin strap) helps keep the sun off your face and your neck.

SHEETS ETC.

Sheets, top and bottom (around the mattress) and a pillow with a pillow case are provided, but a silk sleeping liner is recommended to bring with you, especially for the warm passages. Every bunk has a fan, but it will be hot when sleeping, and this liner will help your bed feel less sweaty. There are plenty of brands, but make sure it is the 'silk option'.

WATERBOTTLE

Crew bring their own waterbottle to use onboard. Features to look for:

- 0.5 l / 15 oz is plenty big, too big bottles are hard to store onboard, plus you are only a few feet away at any time to refill it.
- The bottles with a big opening, like these from Nalgene, can be hard to drink from, a smaller opening makes it easier.
- Make sure it does not leak if it lays next to you in your bunk (upside down).
- It is preferred to have some kind of loop on top where you can attach a carabiner to hang it next to your bunk.

WOMEN-SPECIFICS

- Leggins or yoga pants are great for sleeping, to wear under foulies and during daytime.
- If you wear bras, a sports bra or other comfortable bra / top is preferred over 'normal' bra. You may end up wearing it 24/7!

ENVIRONMENTALLY FRIENDLY PRODUCTS

Keep in mind that all products used onboard are washed straight overboard. Use sunscreen, shampoo and soap that is kind to the environment and the ocean.

SNORKLEING GEAR?

Most of our passages are from A to B, but occasionally we anchor in tropical places. We don't have snorkeling gear onboard FALKEN for the crew to use. If you want to bring snorkeling gear with you, remember it has to fit in your space, we can not store it elsewhere onboard. If you choose to bring a mask, snorkel and fins, opt for the shorter fins as they are both easier to pack and store onboard. Or maybe a simple pair of goggles will be good enough?

OTHER TOP TIPS

- A set of long underwear pants is great to have under your foulie bibs, especially at night. They are less bulky than other types of pants, shorts under foulies tend to get sweaty.
- Merino wool is a great material to have for both socks and long underwear, it stays warmer than polyester and tends to get less sweaty & smelly.
- No laundry during the passage, only ashore if available. (Hand-wash is an option, but not recommended as it is hard to dry clothing outside in the spray).
- There are no private cabins so please be respectful to your crew mates, don't sleep or walk around in only your underwear ;)
- Take advantage of exclusive 59º North Crew discounts on gear from our partners! See separate PDF document you received with Newsletter #2.

Visit 59-north.com/falken & 59-north.com/isbjorn to see a video tour of the boat, to get a better understanding of what life onboard is like, and where your personal gear is to be stored.

HOLD FAST

Andy Mia August

59º North 'Admiralty'