



SAVVY SAILING GIRL

...on navigating life and love at sea

Savvy Sailing Girl – Packing Checklist

The Guide for What to Take on your Warm-weather Sailing Adventure

Getting ready for your warm-weather sailing adventure and not sure what to take, and what to leave behind? Here are a few tips and then a check-list of items you might use as a guideline for packing.

For starters, Savvy Sailing Girls recommends you take very little with you... about ¼ of what you usually take and think you'll need. Seriously. Chances are you'll end up wearing the same things anyway and most things you'll want to take can be rinsed out easily if need be. Storage space is at a premium and very limited on board, so you won't have much of it available to you. If you can live without something, leave it at home. Especially in warm weather, you need very little. You'll spend most days in swimwear and boardshorts.

Pack in a soft-sided foldable duffel bag. Unless it's a huge catamaran, a boat does not have storage room for a hard suitcase. A waterproof duffel bag is ideal; you can fold it into a small size. A 50- to 70-liter duffel bag is a good size.

Check what is provided on board so you don't have to bring it: towels, sheets, 12-volt USB charger, PFD (personal floatation device), mask, snorkel, and fins, etc. If it's a charter boat there will be very few things on board.

Pack for the destination you're going to and the adventures you're planning to have. The packing list here is more for warm weather, island hopping and coastal sailing trips.

Luggage	✓	Qty	Item	Description
		1	Duffel Bag – 50-70 liters	Preferably foldable for easy storage
		1	Backpack – 20-25 liters	Waterproof for day outings
		5+	Packing Cubes – multiple sizes (many come in sets)	Keep things organized, from small for underwear and personal items to large for shirts, pants, and jackets
		3	Bags – totes and fabric shopping bags	Great for laundry, storage, and plastic-free provisioning

Clothing	✓	Qty	Item	Description
		1	Sailing Jacket	Light weight, or windbreaker
		1	Sweater	
		2	t-shirts	
		1	Shirt with Long Sleeves	Light weight for sun protection
		3	Tank Tops	Sleeveless and light weight, some cotton ones are too heavy and take too long to dry
		2	Shorts or Board Shorts	Stretchy, fast-drying, and breathable, fabrics are most comfortable
		7	Underwear	Quick-drying and breathable, if possible
		2	Bra	Light-weight for faster drying
		1	Pants	Long, light weight and quick-drying. Good for sun protection and bugs. Convertible pants with zip-off or roll-up legs are handy.
		2	Sleepwear	It can get hot in the sleeping cabins, so bring something light
		1	Nice Outfit	Something nice to wear when going ashore
		3	Swimsuits	Make sure they're good for activity and keep everything securely in place - seriously.
		1	Rash Guard Swim Top	For sun protection and jellies (bring swim tights/bottoms too if there will be stingers)
		1	Sports Bra	(for girl sailors)
		1	Sarong and/or Cover Up	For sun protection and easy to slip on/off for swim and back-deck showers
		1	Sunglasses and Prescrip.	Sunglasses are essential, plus don't forget readers, and corrective glasses/lenses
		1	Sunglasses Leash	Keeps glasses secure around your head so you don't lose them overboard
		1	Cap or Hat	For sun protection
		1	Cap Leash	Clips cap/hat to shirt so you don't lose it in the wind
		1	Bandana	

Shoes	✓	Qty	Item	Description
		1	Pair Flip-Flops/Sandals	Non-marking soles – super important
		1	Pair Rubber, Shower, or Water Shoes	Handy for showering on shore at marinas, walking on rocky surfaces, etc.
		1	Pair Hiking/Running shoes	Non-marking if possible, otherwise don't wear on board!

Health+	✓	Qty	Item	Description
		1	Sunscreen	Try to find ocean-friendly. SPF 20+, but more important than SPF value is to apply frequently!
		1	Eye Sleep Mask	It may be light in the cabin or you need to sleep during the day, these are handy if you are light sensitive
		1	Ear Plugs	There are lots of strange noises on boats, these help if you are noise-sensitive
		1	Toothbrush, Toothpaste, and Dental Floss	Yes dear ones, you still need to floss daily even afloat!
		1	Shampoo and Conditioner	Travel-sized (refillable small bottles) and ocean-friendly, if possible, as it goes straight into the sea
		2	Hair ties and clips	
		1	Wash Mitt	
			Feminine Products	(For girl sailors) If you (still) need them
		1	Dishwashing Soap	Ocean friendly! Bring a small refillable bottle of this to use for rinsing out clothing. It cuts sweat and grease and rinses out with less water than other product types
		6	Laundry Pegs/Clips	Unless available on board, so your stuff doesn't blow away in the wind while on the railing drying
			All Personal Medications	Bring enough for the duration of the trip plus 5 days
			Sea-sickness Pills	Non-drowsy, if possible. Always good to have
			Anti-Diarrhea Pills	Good idea to have just in case, especially for international travel where ingredients and hygiene standards may not be what your digestion is used to.
		1	Headlamp	If you can find one with a red light as well as white, that will be handy if you are doing overnight passages as red does not disrupt your night vision
		1	Sewing Kit	Travel-sized kit or just take a needle pre-threaded in your toiletries kit
		1	Pocket Knife	Just a small one, always handy, but make sure it's in your checked luggage if flying or you'll likely lose it!
		1	Water Bottle	Reusable for personal use. Plastic is a HUGE problem in the oceans, so be ocean kind. If you don't want to bring a reusable bottle, buy 1 plastic bottle and use it the entire trip.

Fun	✓	Qty	Item	Description
		1	Mask, Snorkel, and Fins	A pain to pack, but essential unless available on board or easy to rent at destination(s)
			E-Reader and E-Books	Save having to pack/carry paper... this is the way to go
			Music	
			Camera (or Phone)	
			Charging Cables	Check whether boat has 110V or 220V and make sure your devices can handle the voltage
			12V USB Charger	With the cigarette-plug like for cars. Many modern boats have USB plugs as well, so check first
			Plug Adapter	Either Universal (good worldwide) or local country

Money+	✓	Qty	Item	Description
		1	Valid Passport	Make sure you have at least 6 months validity beyond the END date of your trip, some countries require that. Also make sure you have at least 2 blank pages left
			Visa (if required)	
		1	Invitation Letter	Letter from Skipper indicating you are joining the boat as crew. Include embarkation/debarkation locations and dates
		1	Copy - Skipper's Passport	Photo page
		1	Copy – Boat's Registration	
			Cash	Have enough cash (preferably in new, unmarked and unwrinkled \$100USD bills) to cover costs of flight back and pay for everything during the trip
		2	Debit and Credit cards	Have at least one of each
			Immunization Card (if required)	This shows your history of vaccinations. Some countries require this
			Proof of Insurance (if required)	Check to see whether crew insurance, health/travel insurance, or personal liability insurance are required.

NOT!	✓	Qty	Item	Description
			Too Much!	
			Hard Suitcase	Even one with just a hard bottom and soft top... there is simply no storage space for that on board (unless the skipper tells you otherwise)
			Too Many Warm Clothes	You'll end up wearing the same things anyway and won't need much in the warm weather
			Too Many Shoes	You'll be mostly barefoot on the boat (though some captains demand you wear shoes)
			Oily creams/cosmetics	You'll sweat more if you wear this stuff
			Make-up beyond Lipstick	You'll be sweating and it will all melt off and be a mess
			Good Jewelry	Leave expensive or sentimental items at home. It is too easy to lose things or have them stolen
			Big Long/Hoop Earrings	One pair is fine for going ashore, but for underway, stick with studs and posts that won't get caught on anything
			Hair Dryers, etc.	Leave hair dryers and such at home as they likely draw too much power. Leave "blow drying" to the wind and embrace the surf hair look.
			Big Toys	Your surfboard, mountain bike, sea scooter and such, unless you get the "okay" from the Skipper beforehand