

## **Participant Packing List**

We understand that you can't wait to pack your bags, but please bring a bit less than usual. The cabins on the ships are generally quite cozy, so "pack light"! Rolling suitcases are also not recommended :)

However, there are some things you definitely don't want to forget:

- Passport
- Insurance card
- Phone + charger + (if necessary) power bank
- Sunglasses & sunscreen
- COVID-19 self-test(s): at least 1 per person - SafetyFirst
- Sailing boots / sturdy shoes with a good sole and tread (Decathlon)
- Beanie
- Scarf / neck warmer
- Sailing gloves / warm gloves
- Thermal clothing (2 to 3 sets), thermal/ski socks
- Team clothing
- Costume for the theme party

Also, please remember:

- Flip-flops & toiletries
- Towels and possibly bedding (check with your Team Captain)
- Medications (ibuprofen, paracetamol, vitamin pills, etc.)
- Seasickness pills or patches (Scopoderm from the pharmacy)
- Lip balm/Vaseline
- Games

And above all, bring a fantastic mood!