

## WHAT TO BRING WHEN SAILING OVERNIGHT

The following suggestions should be helpful in determining what to bring with you on your sail. Remember that personal space is very limited and **your gear is stored in your bunk with you**. Please distribute this list to all participants. Additional information is included in the Seamanship Manual. If you have any questions, please call our office at 508-992-4900.

### **CLIMATE**

Dress Warmly! We can not stress this enough. Although it may be sunny and warm on land, offshore temperatures can be quite cold and windy. If students are uncomfortable it will take away from their experience. Bring layers of clothes, such as a sweatshirt, a sweater *and* a windbreaker so you are able to peel off layers if it gets warm.

Be sure to include **sunscreen lotion**, a **hat with a brim** and **water bottle** - all can be useful in preventing sunburn and overheating. Chapstick is also important in all weather.

### **CLOTHES**

Informal attire is advised. Wear comfortable clothes that you don't mind getting dirty such as work clothes. Schooner Ernestina is a century-old restored fishing schooner, tar and grease are a natural part of the shipboard environment. Keep in mind that stains of this type can be permanent.

With regard to footwear, no special shoes are required, however we suggest they be rubber-soled. We recommend that you bring an extra pair or rubber boots as well.

### **IN CASE OF RAIN**

We sail rain or shine. Good quality yellow or orange **foul weather gear** is highly recommended because of its durability and visibility. Please do not bring an umbrella. Ponchos and flimsy plastic rain gear do not stand up well against wind, rain or shipboard life.

### **PERSONAL GEAR**

You will need to bring a **sleeping bag** and pillow case. A pillow will be provided for you. Pack toiletries such as toothpaste, soap, etc., and your own towel (remember, shower facilities are not available).

### **EQUIPMENT**

#### **Feel free to bring:**

Musical instruments, binoculars, cameras, small flashlight, and video equipment. Please bring **writing utensils** as a journal/logbook will be provided for your trip.

#### **Please do not bring:**

Cell phones, portable radios, and personal Walkmans

This preserves the atmosphere of the sail as a shared, group experience, and ensures that no participants put themselves and others in an unsafe situation by being "zoned-out" or distracted with earphones and cell phones.

### **FOOD**

All meals and snacks will be provided by our cook. Personal food may be brought on board, however it must be labeled with your name. These items will not be kept with your gear but will be stowed in the galley. Please note that the vessel will not be responsible for storing or refrigerating any consumable items unless prior arrangements have been made.

We have a strict NO GUM policy on board.

### **A FINAL NOTE**

If you are prone to motion sickness feel free to bring anti-seasick medication along. However, we encourage participants to inform their leaders and use it only if necessary, as the medication often causes drowsiness and makes one less alert to their environment. We want your sail aboard Ernestina to be as enjoyable as possible!