

Packing List – Family Sailing Trip

Item	Category
Travel documents (passport or ID, copy, flight ticket, travel insurance, sailing license, etc)	Essentials
Credit card, EC card	Essentials
Sunglasses (with strap if needed)	Essentials
Soft bag or hiking backpack (no hard-shell suitcase)	Essentials
Sports shoes (non-marking soles)	Clothing
Sturdy shoes for children (ideally slip-on)	Clothing
Flip-flops (only for land use)	Clothing
Water shoes (swimming/urchin protection)	Clothing
Sunscreen SPF 50+, lip balm with SPF, aftersun	Sun & Health
Travel pharmacy (nausea, cold, flu, diarrhea, plasters, disinfectant)	Sun & Health
Consult pediatrician about seasickness (children)	Sun & Health
Toiletry bag with personal hygiene products	Toiletries
Windproof headwear (especially for children)	Protection
Long thin top (shoulders covered)	Protection
Extra change of clothes (especially for children)	Clothing
Light windbreaker	Clothing
Swimwear (bikini/swim trunks)	Clothing
Optional: Lycra for water fun/sports	Clothing
Powerbank	Electronics
Reusable water bottle	Sustainability
Sailing gloves (optional: work or cycling gloves)	Optional Equipment
Headlamp or flashlight	Electronics
Waterproof bag (optional)	Optional Equipment
Books / E-reader / magazines	Entertainment
Favorite children's games (small travel games/cards)	Entertainment
Warm sweater or fleece for cooler evenings	Clothing
One bath/strand towel (1 towel provided on board)	Clothing
Bedding is provided on board	Info
Music, optional Bluetooth speaker	Entertainment
Games	Entertainment
Optional: goggles and snorkel	Optional Equipment
Swimming wings, water toys for children	Children
Life jackets are provided on board	Info