

Packing Suggestions/Checklist for Cruising

The climate of offshore Southern California and our harbors is unpredictable, ranging from hot and balmy to cold and stormy. Rain is not likely, but possible, so be prepared. Winter and Spring sailing can get **truly cold**. Again, be prepared. (Think **SKIING!**)

Be sure to have **your name** on all your clothing and equipment for identification. There is a Bosun's Bag maid service on board, but there is a stiff fee for this service. (Any clothing/items left lying around are picked up and put in the Bosun's Bag, and must be "ransomed" to get them back!)

Pack light. Don't bring the kitchen sink! Use a duffle bag or other soft luggage.

- **MANDATORY:**
 - **Watch** (you are part of a team working on a schedule. You will need a wristwatch, or a belt or clip-on watch, or the like. Cell phones are not OK to replace a watch)
 - **Flashlight** (red lens recommended (*red marking pen (Sharpie) will do well to color the lens*)
 - **Sleeping bag** (and pillow, if you like)

The following are recommendations. Improvise and adjust as needed for season and trip duration:

- Warm jacket (It can get **SERIOUSLY COLD**. Extra fleece layer, knit hat, gloves, etc. are often a good idea!)
- Foul weather gear or rain jacket if you have it
- Several changes of dry clothing (**At least one change for just an overnight trip**)
- Sweats
- Swim wear and towel
- (For SPIRIT Cruise, closed toed shoes are mandatory for working aloft or in the headrig)
- Tennis shoes or sandals
- Cap and/or hat (sun protection)
- Sun Glasses
- Sunscreen
- Toiletries
- Recreational stuff. (i.e. cards, books, snorkeling gear, Ipod-type units, guitars.) *
- Spending money
- Seasick medicine
 - ◆ Start taking it in advance, (4 hours is good).
 - ◆ Original Dramamine is **not** recommended.
 - ◆ Meclizine (generic), (aka Bonine, Dramamine II, or Marezine) often works well.
 - ◆ Check with your pharmacist

***NO "BOOM BOXES" !!!**