

YOU SHOULD BRING THE FOLLOWING ITEMS

DOCUMENTS & ESSENTIALS

Travel documents

To be able to travel, you must bring the most current and appropriate travel documents with you. For this journey you will need either a passport or an international ID (you will not be visiting countries outside the EU). If you're a non-EU citizen, you might need other documents (residence permit, visa, etc.) Please check which travel document you need for **all** countries visited during your journey. You should be able to find the latest information on the website of your country's ministry for foreign affairs.

Finally, bring a photocopy or a picture of:

- Your travel documents,
- Insurance card,
- Copy of the insurance policy.

Minors traveling without a parent/guardian

In addition to their own valid passport or ID card, all minors (younger than 18) travelling, either alone, with adults who are not their legal guardian, or with only one parent, may need an extra (official) document signed by both their parents, or legal guardian(s) authorising them to travel.

There are no EU rules on this matter, each country decides if it requires the traveller to have an official authorisation from their parent(s) or guardian. Check the exact rules for the countries you are travelling to and from if this applies to you. Also, please be aware that airlines might have additional rules in place regarding an unaccompanied travel of minors.

For Dutch trainees – [click here](#) for more info and the official form.

Insurance

You are required to carry proof of being enrolled in the following:

- Medical health insurance, for your home country,
- Travel insurance, which covers medical expenses abroad, loss of luggage and third-party liability. Make sure that it includes sea sailing!

Please be aware that you need **both** of those in order to sail.

Unless stated otherwise, cancellation insurance is not obligatory, but recommended. In case of a journey cancellation, you will only receive reimbursement of your journey fee, but not any additional costs (like flights).

Recommendations

We have gathered some recommended insurance providers from our partner countries, but we cannot guarantee that each of them provides a sufficient coverage for everybody. Please make sure to check the conditions before buying the insurance, as it is your responsibility to ensure that the policy meets all the requirements listed above.

Find the updated list of recommendations on windseeker.org/insurance/

Pocket money

Coffee, tea and milk are included. Other consumptions (soda, candy, if available on board) will have to be paid for at the end of your journey. Most ships accept cash, some also accept cards.

Drugs, Medication and/or Diets

Drugs of any kind are not permitted on board. However, personal medication accompanied by doctor's statement or prescription is allowed. Please inform us in advance about your medical condition in the health statement. We will brief the responsible officer on board. The ship's cook is limited in the possibilities to make special food. If you follow a special diet, please let us know beforehand – if you did not mention it at the health statement – so we can inform the cook.

CLOTHING AND TOILETRIES

Bag

When packing, think of the limited space on board. Pack in a foldable bag; there's no space to store big, hard covered suitcases. Even better if the bag is waterproof!

Make sure that your luggage is clearly labelled with your name and destination on the outside. Also, put a second label or big piece of paper inside your luggage with the same information, the name of the Ship and your mobile number.

Warm and waterproof clothes

It can get pretty cold during sailing, especially at night (even during the summer). Make sure your jacket and/or rain suit are windproof! Bring rubber boots or waterproof shoes, next to your regular set (sneakers or boat shoes). Choose shoes with profile on the soles to avoid slipping on a wet deck. **The waterproof jacket, trousers and boots are especially important for smaller vessels, on which waves are likely to get on board once in a while.**

Sometimes work on board can get a little messy, so you might get dirty. Bring appropriate clothing and don't forget that doing laundry might be difficult, or even impossible.

Recommended clothes & essentials:

- Comfortable shoes with low heel and non-slippery soles
- Boots or waterproof shoes
- Sandals (preferably ones that stay on your feet, no flipflops)
- Enough clothing for all weather circumstances
- Watertight jacket and pants
- Warm sweaters, T-shirts etc.
- Socks, underwear and nightwear/ pyjamas
- Swimming gear
- Hat or cap, scarf, gloves – even in the summer, unless you're sailing in the tropics
- Toiletries (toothbrush, toothpaste, hairbrush, shampoo, soap etc.) Consider a bar instead of a plastic bottle, and check your ingredients with the PlasticFreeFuture app. Be mindful that whatever goes down the drain, ends up directly in the ocean!

Other recommendations:

- Photo camera and filming equipment
- Sunglasses (with a cord) and if you use glasses, take a spare pair with you!
- Sun lotion an ocean safe and (micro)plastic free one! Check this via e.g. [Reef safe sunscreen](#) and the PlasticFreeFuture app.
- Personal medicines; over-the-counter motion sickness medication
- Small backpack to use in the harbour
- Musical instruments
- Board games
- Addresses of family and friends
- Pen and paper
- Reusable water bottle and reusable lunch bag or box for day trips.
- Some special snacks from your country.
- **Don't** bring expensive jewellery.
- For light sleepers: earplugs and an eye mask.

BEDDING AND TOWELS

Iris: Towels.

Morgenster: Sleeping bag, towels.

Electricity on board for both ships is 220V – you need a 2-pin plug (European)

ADDITIONAL INFORMATION

Seasickness

Some people get seasick and some don't. Most will depend on the weather situation in the first days at sea. What helps is being fresh on the morning of departure. Get a good night's sleep, make sure you have eaten enough and keep on eating and drinking even if you don't feel like it (but skip the coffee if you start feeling bad). If you decide to use motion sickness pills to prevent getting sick, make sure to take them **before** departure. We recommend that you bring some just in case. If you'd like to be super-prepared you can find our article about seasickness [here](#).

Questions?

If you have any questions, don't hesitate to contact us by email info@windseeker.org or phone +31 620013501.

In case of emergency, you may contact the Ships through Windseeker – you can give our number to your family or friends.

Check out the [special page](#) for this project for more pre-journey information.

Fair Winds!

The Windseeker Foundation Team
SET COURSE FOR NEW HORIZONS