

FOR YOUR SAILING JOURNEY YOU SHOULD BRING THE FOLLOWING ITEMS

DOCUMENTS

Valid travel documents and papers

European Identity Card or valid passport for European citizens travelling within Europe (check the reverse of the ID card for countries in which it is valid.) Valid passport for non-European citizens or EU citizens travelling outside of Europe (valid for at least 6 months after your voyage.) Insurance card and copy of policy (liability, health and travel insurance.) Please also take a photocopy of your passport/ID with you.

You must always make sure to have the current and appropriate visas to your nationality and expected countries visited! For most countries you will find the latest information on the website of your ministry for foreign affairs.

Insurance

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

1. Medical health insurance, for your home country, and
2. 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.

Tip: For travel insurance, Windseeker has good experience with [Topsail Insurance](#) (currently not available for EU citizens) and Allianz (Dutch trainees: <https://www.allianz-assistance.nl/>; international trainees – check Allianz Travel Insurance relevant to your country. Please be aware that each country has different conditions and it's the trainee's responsibility to ensure that the policy meets all the requirements listed above.)

Unless stated otherwise, cancellation insurance is not obligatory, but recommended.

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 all kinds 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 (and that person only). The cook on board is limited in the possibilities to make special food. If you are vegetarian or have special wishes, 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. Packing in a foldable bag is recommended; there's no space to store big, hard covered suitcases. Even better if the bag is waterproof!

Make sure that your luggage is clearly labeled 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. Note the name of the Ship and your mobile number as well.

Warm and waterproof clothes

It can get pretty cold during sailing, especially at night, even during summer. Your jacket should be windproof! Bring a rain suit and rubber boots or waterproof shoes – recommended at least two pairs. Some profile on the soles of your shoes is recommended 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 open toes)
- Enough clothing for all weather circumstances
- Watertight jacket and pants
- Warm sweaters, T-shirts etc.
- Socks, underwear and nightwear/ pajamas
- 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.)

Some personal items to consider:

- Photo camera and filming equipment
- Sunglasses (with a cord) and if you use glasses, take a spare pair with you!
- Sun lotion
- Personal medicines; consider 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
- Some special snacks from your country
- Don't bring expensive jewelry
- For light sleepers: earplugs and an eye mask

EXTRA REQUIREMENTS PER SHIP: BEDDING AND TOWELS

Alexander von Humboldt II*: Towels

Anne-Margaretha*: Sleeping bag, sheets and towels (can be rented on board for €15 p.p.)

Astrid*: Sleeping bag, pillowcase, bed sheets, towels

Atyla*: Sleeping bag, pillowcase, towels

Bark Europa*: All bedding and towels are provided

Blue Clipper*: Towels

Brabander – to be announced

Challenge Wales:** Sleeping bag, pillow, pillowcase, sheets and towels, sailing gloves. *No single-use plastic bottles on board! No smoking/vaping on board.*

Maybe:** Sleeping bag and towels

Morgenster*: Towels. Sleeping bag for: trainees who booked a hammock or sailing in the Tall Ships Races, Regatta and Exchange@sea (unless other information is given)

Oosterschelde*: All bedding and towels are provided on board. Optionally: beach towel for swimming

Patricia: Sleeping bag, pillowcase, towels and shoes with rubber anti-slip soles (soles should not be black.) Watertight sailing suit.

<p>Christian Radich*: Sleeping bag, towels, small padlock for the locker (available to buy on board)</p> <p>Constantia*: Sleeping bag, pillowcase, bed sheets, towels. Charging devices only when in port – consider bringing a powerbank with you.</p> <p>De Tukker*: sleeping bag, mattress cover, bedsheets, pillowcase. Charging devices limited while sailing.</p> <p>Eendracht*: Towels. For Tall Ships Races: bring everything duck-related for the Crew Parade!</p> <p>Excelsior**: Sleeping bag, pillowcase, towels. If you can, bring your own pillow.</p> <p>Gulden Leeuw*: Sleeping bag, towels, headlamp/torch</p> <p>Helena*: Sleeping bag, pillowcase, bed sheets, towels, working gloves.</p> <p>Ingo*: Sleeping bag and towels. Showers only possible when in ports. Consider bringing a powerbank with you.</p> <p>Johann Smidt*: Sleeping bag, pillowcase, bedsheets, towels</p> <p>Johanna Engelina*: Sleeping bag, mattress cover, towels</p> <p>Jolie Brise**: Sleeping bag, pillow (optional), towels, non-slip waterproof boots. There are waterproofs on board, but if you have your own then please bring them as the availability of sizes is limited.</p>	<p>Pelican of London**: Duvet cover, 2 pillowcases, sheets and towels</p> <p>Roald Amundsen*: Towels</p> <p>Saeftinghe*: Towels. Watertight sailing suit.</p> <p>Santa Maria Manuela*: Beach towel for swimming</p> <p>Sørlandet*: Sleeping bag and towels</p> <p>Stad Amsterdam*: All bedding and towels are provided on board.</p> <p>Statsraad Lehmkuhl*: Sleeping bag, towels. Optionally: pillow. Recommended earplugs / sleeping mask for light sleepers</p> <p>Swan**: Sleeping bag, pillow, towels</p> <p>Svanhild*: Sleeping bag, pillowcase, bed sheets, towels</p> <p>Tecla*: All bedding and towels are provided on board</p> <p>Tenacious**: Towels (boots and rain gear are provided on board)</p> <p>Thalassa*: All bedding and towels are provided on board</p> <p>Valborg*: Sleeping bag, pillow, pillowcase, bed sheets and towels</p> <p>Wylde Swan*: Sleeping bag, pillowcase, bed sheets, towels</p>
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* Electricity on board 220V – you need a 2 pin plug (European)

** Electricity on board 240V – you need a 3 pin plug (British)

*** Electricity on board 110V – you need an American/Canadian plug

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. If you'd like to be super-prepared you can find our article about seasickness [here](#).

Travel

If you would like somebody else to take over arranging the travel to and from the ports, check out the Travel Counsellors [website](#) or contact Manon Eeken at:

- manon.eeken@travelcounsellors.nl
- +31 023-5762105

Questions?

If you have any questions, don't hesitate to contact us by email info@windseeker.org or phone +31 (0) 6-82790115. In case of emergency, you may contact the Ships through Windseeker – you can give our number to your family or friends.

Check out the [Getting Ready](#) section of our website more information.

Fair Winds!

The Windseeker Foundation Team

SET COURSE FOR NEW HORIZONS