



## What to take?

Dear sailor, this is our proposal of what to take on our Sailing cruise with **Quetzal**:

important: NO „Samsonites“ ;o), please take a sports bag

cloth: Sailing shoes with white soles  
sport shoes  
sandals  
flip-flops for the shower  
underwear  
shorts  
long pants  
T-shirts  
fleece-pullover  
waterproof jacket (good quality trekking jacket is fine)  
waterproof pants (not essential, low quality is sufficient)  
cap / hat (as sun protection – very important!)  
Sailing gloves  
swimmers  
(best take different layers of quickly drying materials)

hygiene: tooth brush  
tooth paste  
soap, shampoo  
towels  
body lotion  
hair brush  
antiperspirant  
manicure  
contact lenses, solution  
toilet bag

medicine: personal medicine  
drugs against cold  
seasickness ( Vomex, Xitix ....)  
pain reliever, antipyretic  
medical strips  
sunscreen agent (important!, we recommend UV protection 30 and higher!)  
after sun creme / Aloe Vera (you'll find here)

documents: ticket  
passport  
travel insurance  
vaccination certificate  
money (cash)  
EC- / credit card

miscellaneous: camera (films, battery, charger)  
pen, paper  
torch  
sun glasses  
spectacle cord (for each glasses)  
small backpack for day trips / shore leaves

This list is NOT complete and should just be a help for you. It has to be adopted to your personal demand. In doubt or for further help just get in touch we'll love to assist you!