



RECOMMENDED PACKING LIST FOR A 7-DAY REHABILITATION SAILING TRIP



DOCUMENTS & MONEY

- Passport (valid for at least 6 months after return)
- Bank cards + a small amount of cash in euros



BAGS

- Soft foldable bag or backpack (no hard suitcases)
- Small waterproof daypack for shore trips



CLOTHING (BASE AND MID LAYERS)

- Quick-dry T-shirts × 4–5
- Long-sleeve shirts × 2
- Lightweight fleece or hoodie × 1–2
- Leggings or sports trousers × 2
- Shorts × 2 and light trousers × 1
- Swimsuit / swim trunks × 2



WEATHER PROTECTION

- Breathable waterproof jacket
- Waterproof pants (especially useful in spring)
- Thin insulated jacket (down or synthetic)
- Windproof beanie or buff
- Sailing gloves (optional, for docking tasks)
- Non-marking shoes (white-soled sneakers or boat shoes)
- Beach flip-flops / sandals
- Warm socks × 2



SUN & HEALTH

- Polarized sunglasses with strap
- Wide-brimmed hat or cap

- SPF 50+ sunscreen and SPF lip balm
- Personal medications and seasickness pills
- Small first aid kit (plasters, antiseptic, painkillers)

HYGIENE

- Soap / shampoo
- Toothbrush and toothpaste
- Deodorant
- Quick-dry microfiber towel
- Wet wipes and dry tissues

ELECTRONICS

- Smartphone + waterproof case
- Power bank (10,000 mAh or more)
- Cables + universal EU adapter
- Action camera or drone + extra batteries and SD cards (optional)

COMFORT ON BOARD

- Earplugs and sleep mask
- Inflatable travel pillow

EXTRAS

- Reusable personal water bottle
- Thermo cup / travel mug
- Snorkel mask
- Personal notebook + pen