

Sailing trip 2 Sofia's sailing summer 2018

Calendar week / date: _____

Temperature averages in June to August during the day is 19-22°C. I have often experienced temperatures 25-30°C during the day especially in wind shadow. During night temperatures can drop to 10°C, in June 2014 it once dropped to 6 °C!

Personal gear and equipment:			
<input type="checkbox"/>	Travel bag with wheels or backpack; should be storable flat (no hard case suitcase!)	<input type="checkbox"/>	Sun cap / baseball cap, preferably with possibility to attach to a cord / jacket
<input type="checkbox"/>	On-board shoes (boat shoes or sneakers) with a light sole	<input type="checkbox"/>	Sunglasses with a string / cord
<input type="checkbox"/>	Comfortable shoes for going on shore, hiking, walking	<input type="checkbox"/>	Lip balm & sunscreen/ -blocker!!!
<input type="checkbox"/>	Rain- & wind jacket preferably with a high collar and hood (should withstand 2-3 hours of constant rain)	<input type="checkbox"/>	Flashlight, good is head band light (water tight is a plus)
<input type="checkbox"/>	Rain- & wind pants should stay dry especially when sitting on a wet surface	<input type="checkbox"/>	Cooking recipe for 1-2 meals prepared as shopping list for x-persons
<input type="checkbox"/>	Sailing boots / rubber boots, if available	<input type="checkbox"/>	Personal specialties including food
<input type="checkbox"/>	Light windbreaker jacket, if available	<input type="checkbox"/>	Travel / flight ticket
<input type="checkbox"/>	Warm jacket and / or fleece sweater, wool sweater	<input type="checkbox"/>	Cash in local currency (SEK) for „Bordkasse“ funding per week (250€ or equivalent in SEK) and additional cash for personal need
<input type="checkbox"/>	T-Shirts short or long armed		
<input type="checkbox"/>	Long underwear as used for skiing	<input type="checkbox"/>	Credit card (Maestro card is widely accepted in Sweden also at the bank machines)
<input type="checkbox"/>	Underwear		Passport / Identity card
<input type="checkbox"/>	Socks, at least 2 pairs of warm ski socks	<input type="checkbox"/>	Medication against sea sickness / personal medications (as needed)
<input type="checkbox"/>	Trainer and / or pyjama	<input type="checkbox"/>	2 kitchen towels
<input type="checkbox"/>	Travel toiletries in a bag, dressing-case		
<input type="checkbox"/>	Sleeping bag (for as low 5°-10°C) & fitted sheet, pillow case		Recommended:

<input type="checkbox"/>	Flip-Flops or other shoes to be used in the harbor shower	<input type="checkbox"/>	Hand crème
<input type="checkbox"/>	Sailing gloves (handling of ropes and sheets can cause burns) for example garden gloves or bike gloves also work	<input type="checkbox"/>	Tissues
<input type="checkbox"/>	Gloves, cap, scarf, preferably fleece which also keeps warm when wet	<input type="checkbox"/>	Writing paper, addresses
<input type="checkbox"/>	Shorts & long comfortable durable pants (like hiking pants)	<input type="checkbox"/>	Earplugs (in case of snoring and boat noises)
<input type="checkbox"/>	Swim trunks or Bikini	<input type="checkbox"/>	Camera / spare batteries
<input type="checkbox"/>	Big towel for shower and swimming (perhaps 2)	<input type="checkbox"/>	CD's/MP3-player/ mobile phone
<input type="checkbox"/>	Plastic bags for dirty laundry and to pack clothes	<input type="checkbox"/>	Pocket knife
		<input type="checkbox"/>	Books, card games or board games
List created by Sofia Galbraith Nov 2017 for sailing summer 2018 www.2-sofias-sailing.jimdo.com			