



Outfit

**For our sailing cargo ship Crew
and other important information
The following items are required:**

Warm and windproof clothing is always important.

It can be very cold on a sailing trip, especially in the night. Even in summer or in the Caribbean, warm clothing is required, such as wind- and waterproof jacket. You can get wet by spray, during scrubbing of the deck or simply because of rain or snow. Therefore, please consider rain or sail clothing (pants and jacket) as well. And while you're at it, take waterproof shoes or rain boots as well. Make sure the soles are anti slip to prevent accidents (by slipping) on a wet deck.

Valid travel documents (copy to be send to our office)

- Valid passport (*at least for another 6 months*) or ID card (*please check on the other side of the card if it is valid for your destination!*)
- Copy of insurance documents (*liability, health care and travel insurance*)

Clothing and toiletries

Don't take all your clothes and please, leave your best white T shirt at home; clothes tend to get dirty on board.

- Comfortable anti-slip soled shoes
- (Rain) boots or watertight shoes
- Sandals (*preferably not open toed, no slippers*)
- Enough warm clothes for every kind of weather
For instance:
3 sweaters. 3 pairs of pants, 4 T shirts, 2 long sleeved T shirts, 2 long underpants, work clothes (old pants, sweater and T-shirt or overalls), watertight jacket and pants, plenty of socks and underwear, swimsuit and towel, cap or hat, shawl, gloves.
- Toiletries (*toothbrush, toothpaste, shampoo, soap etc*)
- Sleeping bag, if you like (*there are blankets on board*)

Other suggestions

- Camera
- Sunglasses and/or glasses (with a cord to prevent loss!). Spare glasses for those who need glasses!
- Sun Screen & a hat(*Very important!*)
- Personal medication (*in consultation with the captain*)
- Music (*instrument*)
- Addresses of relatives and friends
- Pen and paper
- Your favorite candy or cookies
- Some photo's of your relatives, pets etc.
- Bag

Because of the limited space on board, we recommend that you bring your belongings in a soft bag, backpack or weekend/sports bag. A hard suitcase takes up to much cabin space. Everyone has their own chest for storing clothes. Tip: bring enough clean underwear!

- Pocket money
You may want to buy things, send mail or spend money on other things when we're in port.
- Do not bring valuable jewelry
- Medication or diet.

Narcotics are not allowed on board. You may bring Personal medication if it is accompanied by a medical statement. The ship's cook always makes nice dinners but cannot always cater to special requirements. If you are a vegetarian or have other diet wishes, please let us know, so we may inform the cook.

Seasickness

Some people get seasick, others don't. This often depends on the conditions the first day at sea. It helps if you are well rested when you board the ship and stay sober the evening before. Have a full breakfast before you go to sea. We recommend that you stay away from coffee if you know that you are prone to seasickness or start to feel nauseous.

Contacting the ship in case of emergency

In case of emergency the ships agent -Fairtransport- can contact the ship.

Inform your relatives of their phone number: +31(0)223-683 516 before you leave.

A FITTING OUT

A chest that is neither too large nor too small
Is the first thing to which your attention I'll call
The things to put in it are next to be named
And if I omit some I'm not to be blamed

Stow first in the bottom a blanket or quilt
To be used on the voyage whenever you wilt
Thick trousers and shirts woolen stockings and shoes
Next your papers and books to tell you the news

Good substantial tarpaulins to cover your head
Just to say keep it furled N. C. nuff said
Carry paper and ink pens wafers and wax
A shoemaker's last awls and some small tacks

Some cotton and thread silk needles and palm
And a paper of pins as long as your arm
Two vests and a thimble a large lot of matches
A lot of old clothes that will answer for patches

A Bible and hymn book of course you must carry
If at the end of the voyage you expect for to marry
Don't forget to take esseners pipes and cigars
Of the sweetest of butter a couple of jars

A razor you will want a pencil and slate
A comb and a hairbrush you will need for your pate
A brush and some shaving soap and plenty of squills
And a box of those excellent Richardson's pills

A podeldoe and pain killer surely you will need
And something to stop the red stream should you bleed
Some things I've omitted but never mind that
Eat salt junk and hard bread and laugh and grow fat.

