

Ocean Youth Trust Kit List

For your voyage with OYT North we would like to recommend you adhere to the following guidance notes on your packing check list.

Medical care

It is of the utmost importance that if you have a disorder or sickness for which you use medication that you inform us in advance on the OYT North Booking Form. We ask you to ensure that you bring enough medication for the entire voyage. We also request that you flag any medical conditions to your skipper before you leave for your voyage, ensuring that they are informed if you are carrying any medication.

When bringing any medication onboard we respectfully request that it is clearly labeled with your name and is accompanied by instructions for use to avoid any confusion. If you have any concerns about a specific health problem we advise that you get in touch with our office.

Luggage

Please **DO NOT** bring suitcases or hard bottom bags for your voyage. They take up a lot of space and cannot be stowed. We ask to only use sturdy but soft luggage bags.

Sleeping

You will need a sleeping bag as bedding is not provided. You may wish to bring a pillow for extra comfort but it is not essential. We suggest that you bring warm pyjamas as the temperature onboard can vary.

Clothing

Staying warm, dry and comfortable will allow you to maximize your experience. Layering for warmth is the best approach. Loose layers will trap a film of insulating air. We suggest thermals if you have them, trousers, t-shirts, long sleeve jumpers, fleeces, thick socks etc. Other accessories such as a hat, gloves and a scarf are also recommended.

We suggest bringing waterproof shoes such as Wellington boots as well as trainers or boots. As you will be wearing these daily they should be comfortable, if they are too tight they will give you cold feet, if you can fit on 2 pairs of socks all the better.

During warmer weather there are likely to be opportunities to go swimming on a voyage. If you are interested in this you must bring a suitable swimwear.

Sunglasses (uv filter) and sunscreen

Please ensure that you are adequately protected from the sun by bringing with you a sunscreen that is suitable for you skin type. Sunglasses and a sun hat will also be useful to you on your voyage.

Toiletries

Please keep your toiletries to a minimum restricting yourself to what is absolutely necessary. You will need to bring a towel suitable for showering with. Please **do not** bring aerosols onboard. Any found will be confiscated until the end of the voyage.

Personal belongings

You may bring with you personal items such as glasses, camera, diary and CD's. We have a CD player on board for the use of the crew.

You may bring your mobile phone with you however its use is restricted to your free time only. It **must** remain switched off at all other times. Any member of the crew who abuses this rule will have to surrender their phone until the end of the voyage. Mobile phones are brought at your own risk and their safe keeping is your responsibility. They are not insured if lost overboard or if damaged during the voyage.

Money

In addition to pocket money we suggest a contingency amount of £10 to be retained for shore based activities such as the cinema, leisure centre or swimming.

Prohibited items

We ask that you do not bring the following items onboard James Cook:

- alcohol or drugs
- torches
- electric games
- fizzy / energy drinks
- alarm clocks
- valuable items such as jewellery
- aerosol sprays