

# THE ULTIMATE PACKING CHECKLIST



## So, you're planning a sailing holiday? Lucky you!

Let's say you've convinced half a dozen friends to join you for an incredible week-long [sailing holiday](#) in one of those tropical destinations we all dream of. **You're headed for pristine water, gorgeous beaches, lovely coastal towns and island paradises;** regardless of whether you've decided to sail [Croatia](#), [Turkey](#), [Spain](#), [Greece](#) or one of the countless other top sailing destinations in the world, this really is going to be the trip of a lifetime. But first, there are a few things you need to consider.

Packing for a sailing holiday is a little different than packing for a regular holiday destination. When travelling by boat, everything is much more relaxed and you'll spend most of your time in your bathing suit, but you'll also have to take into account the additional aspects of your environment and living in a small space, too. But fear not, friends! We've put together **the ultimate packing checklist**, so that you'll have everything you need – and nothing you won't – for the perfect sailing holiday.

# **But first, here are a few general tips on packing for a sailing holiday...**

## **Less is more**

Really, the more you bring the more you'll curse yourself for doing so. And we bet you won't even wear or use half of it. Be ruthless with what you pack, and only pack your favourites. No one on Mykonos is going to know if it's the 324th time you've worn that dress.

## **Dress for your destination**

Consider where you'll be holidaying. If you're planning on sailing towards the Greek Islands in summer, you'll need very minimal items. However, if you're setting sail towards Croatia in February, you'll need some warmer clothes.

## **Dress for your activities**

Do you plan on exploring the wilderness, hiking and cycling your way around the coast, or do you plan on dancing the night away at the local beach bars and super clubs?

## **Bring a small version of everything**

It's worth purchasing your regular items (they'll mostly be toiletries) in their smaller, travel pack versions. There's no need to lug around huge bottles of shampoo when you only need a week's worth. Alternatively, pick up some small plastic bottles and fill them up with your regular items from home.



# For the ladies

## Clothing

- **A bikini** (obviously!) - we all know packing light is crucial when sailing, so luckily you won't be wearing much more than a bikini all week. Bring several pairs for when your other ones are being washed or are still wet from a day in the sea.
- **5 dresses** - bring along a few casual day dresses to throw on over your bikini and one or two nicer dresses to wear when you hit the town.
- **1 evening wear outfit** - consider what kind of venues you'll be visiting when you plan to go out for the evening.
- **1 sarong or wrap dress** - for coverage from the sun during the day.
- **3 tank tops or t-shirts** - lightweight material is best.
- **2 pairs of shorts** - to wear when you plan on being active on the boat or participating in outdoor activities.
- **1 pair of leggings** - for when it gets cold at night.
- **Pyjamas** - lightweight material in the form of a t-shirt and shorts; keep in mind you'll probably be sleeping up on deck under the stars each night.
- **Underwear and socks** - bring enough to last the week, unless you plan on washing some.
- **1 light scarf or wrap** - for protecting your shoulders from the sun and the cool evening breezes.
- **1 sweater** - for when it gets chilly at night.
- **1 light jacket** - also for the evenings and for when you head into town.
- **2 towels** - one for the showers (our recommendation is a microfiber towel) and one for the beach. However, check with the charter in case a bath towel is already provided.

## Shoes

- **1 pair of flip-flops** - for wearing on the boat and on shore during the day.
- **1 pair of nice sandals** - for when you hit the town.
- **1 pair of sneakers** - for when you get active.

## Toiletries

Our top tip is to travel with a hanging toiletries bag. These are ideal for sailing, where space in the bathroom is minimal.

- **Skin and hair care** - You're on a yacht and spending most of your time outdoors in the glorious sunshine, which is amazing! However, not so amazing for your hair and skin. Make sure you protect them well. Bring a 30+ or 50+ SPF sunscreen and some treatment for your salty, sun-damaged hair. Our favourite products are from Lush – fresh, handmade products with ethically sourced ingredients like avocado, coconut oil, calamine (a natural sunscreen) or cocoa butter.
- **Shampoo and conditioner** – in small, 100ml versions.
- **Moisturiser** – and lots of it! You'll be surprised at how quickly your skin will dry out when faced with the sun, sand and salt water.
- **Lip balm** – the same goes for your lips, and make sure it has SPF!
- **Soap or body wash** – again, in small versions.
- **Glasses or contact lenses and eye drops** – swimming in the salt water all day can seriously irritate anyone's eyes.
- **Toothbrush and toothpaste** – and don't forget the floss!
- **Deodorant**
- **A razor**
- **A brush and hair ties** – the sea breeze will attack your hair and do its best to tangle it into a huge, knotted mess.

## And what should I put all of this in?

Whatever you do, don't even think about bringing a hard roller suitcase! You'll be living in some tiny quarters where space is minimal, so a soft duffel bag or backpack is ideal for fitting into tight areas.

# For the guys



## Clothing

- **5 t-shirts** – and even some tank tops if you like, but whatever you bring, lightweight material is best.
- **2 collared shirts** – for looking your best when you hit the town.
- **2 pairs of bathing shorts** – you'll basically be living in these, so bring enough to make sure you've still got one pair while the other is wet.
- **2 pairs of regular shorts** – for when you're lounging on the boat and exploring the mainland.
- **1 pair of pants/jeans** – for when you go out at night.
- **Underwear and socks** – bring enough to last the week, unless you plan on washing some.
- **Pyjamas** – lightweight material in the form of a t-shirt and shorts. Keep in mind you'll probably be sleeping up on deck under the stars every night.
- **1 sweater** - for when it gets chilly at night.
- **1 lightweight jacket** – also for the evenings and for when you head into town.
- **2 towels** – one for the showers (our recommendation is a microfiber towel) and one for the beach. However, check with the charter in case a bath towel is provided.

## Shoes

- **1 pair of flip-flops** – for wearing on the boat and on shore during the day.
- **1 pair of sneakers** – for when you get active.
- **1 pair of nice shoes** – for when you hit the town.

## Toiletries

- **Shampoo and conditioner** – in small, 100ml versions.
- **Soap or body wash** – also in miniature versions.
- **Sunscreen** – with a 30+ or 50+ SPF.
- **Moisturiser** – and lots of it! You'll be surprised at how quickly your skin will dry out when faced with the sun, sand and salt water.
- **Lip balm** – the same goes for your lips, and make sure it has SPF!
- **Glasses or contact lenses and eye drops** – swimming in the salt water all day will seriously irritate anyone's eyes.
- **Toothbrush and toothpaste** – and don't forget the floss!
- **Deodorant**
- **A razor and shaving cream**

## And what should I put all of this in?

Whatever you do, don't even think about bringing a hard suitcase! You'll be staying in some tiny quarters where space is minimal, so a soft duffel bag or backpack is ideal for fitting into tight quarters.



# For Both of You

## Extras

- **Sunglasses** – these are a must-have.
- **Sunscreen** – also a must-have.
- **Aloe Vera** – for when you didn't apply the sunscreen quickly enough.
- **A big, wide brim hat** – one that fits well or can be tied tight.
- **Insect repellent** – the bugs of the sea are ruthless.
- **A small laundry kit** – bring travel wash and a small clothesline if you want to bring less clothing and do some washing on the boat.
- **A book** – for those relaxing moments of downtime.
- **A journal and pen** – so that you never forget the amazing places you visited and the awesome things you did.
- **A guidebook or phrasebook** – always helpful in a foreign country.
- **A small flashlight** – You'll thank us when it's 12am and you're crawling through a dark, crowded cabin trying to find your pyjamas.
- **A Swiss army knife** – this always comes in handy for something.
- **Earplugs and an eye mask** – the motor starts early in the morning and the sun will be beaming down onto your bed the first chance it gets.
- **A deck of cards** – for games with friends.
- **A daypack** – bring a small backpack for when you depart the boat and head into town or onto an island, or for taking a packed lunch and necessities when heading out for a day of outdoor activities.
- **Snorkelling gear** – almost all our sailing destinations come with the option to explore stunning underwater reefs and pristine bays, beaches and coves. Often, the charter companies can arrange this equipment for you, but if you've got a favourite snorkelling mask bring it along, too.

## Electronics

- **An extra phone battery or solar charger** – there are minimal outlets on board, so you might have to take turns in charging your electronics, but we're hoping you'll be having so much fun you won't need them, anyway!
- **Camera and chargers** – But keep in mind that salt water will get everywhere. So, make sure you bring a decent case or, even better, an underwater one!
- **Adapters** – relevant to your country of choice.
- **Noise-cancelling headphones** – a much nicer alternative to earplugs.
- **The ultimate summer playlist** – bring an iPod or CDs so that you've got an awesome summer playlist to listen to as you cruise by beautiful islands and stunning coastline.

## Medicine

- **For seasickness** – if you think you might get seasick, stock up on some over-the-counter medication before leaving. Alternatively, bring along ginger snaps or try acupuncture wristbands.
- **Prescription medicine** – ensure your medicine is in its clearly marked original container to avoid any confusion when passing through customs, and always have enough on hand for a few extra days in case of travel delays or lost luggage.
- **Sleeping pills** – you shouldn't have trouble falling asleep to the soft sound of waves hitting the hull of your boat but, if you do, ask your doctor for some sleeping pills before you leave.
- **Pain relief** – there will be a first aid kit on board, but bring some of your own pain relief if you have a preference.

## Documents and Currency

These are probably the most important items to consider before leaving for your sailing holiday.

- **A valid passport** – do you have a valid passport for your chosen country? Always bring a photocopy of your passport along, just in case something happens to your original.
- **A valid visa** – if you're not a European citizen, make sure to check with the country's government website to see if you need a visitor visa.
- **Insurance** – be sure to bring along your relevant insurance papers – both your travel insurance and insurance for the boat, if you need it.
- **Money** – ensure you have enough access to the local currency, including cash and credit cards.
- **Paperwork** – bring with you your charter package and paperwork – this includes any confirmations and contact information for the people at the charter company.
- **Licence** – if you're sailing the boat yourself, don't forget your boat licence.

# **WHAT'S USUALLY INCLUDED**

- **Bed linen and blankets**
- **A first aid kit**
- **Navigation instruments and maps**
- **Guidebooks**
- **Kitchen utensils**
- **Lifejackets**
- **A generator**

# **WHAT YOU DON'T NEED TO BRING**

- **Your entire beauty routine**
- **Stiletto heels**
- **A tuxedo**
- **A hair straightener**
- **A bad attitude**

## **WE'LL SAY IT ONE MORE TIME – pack less!**

By now, you're probably trying to zip up your already very full backpack. Stop. Take out all the items you're second-guessing. That's right – we know you slipped in a bunch of things that aren't on this list. Remove them from your bag and thank us later for it.

Finally, you're ready to set sail. While it may seem like there are a lot of things to consider when planning and packing for your dream sailing holiday, once you get going we promise things will fall into place quickly. You'll begin to grow more and more excited as the image of cruising through crystal clear water grows closer and closer.

And don't feel overwhelmed – if you follow this list, you'll have everything you need. Plus, if you do happen to forget something, we're betting it's available to buy in your sailing destination of choice. However, if you do have any questions or concerns, the Zizoo team is always happy to help. Just email [customers@zizoo.com](mailto:customers@zizoo.com) to speak to one of our awesome customer service representatives.

Here at Zizoo, we want to make sure that planning your dream sailing holiday is a breeze. And it can be. So click through and start planning the [perfect boat holiday](#) with Zizoo!