

# KIT LIST AND TOP TIPS

## Morning Star Trust

We are looking forward to sailing with you in a few weeks!

*This guide will help you bring the right clothes and equipment to make your voyage a success. If you don't have anything on the list or would like to ask any questions about what to bring, please don't hesitate to contact the office.*

### What you need to bring:

- Sleeping bag and pillow case. We provide pillows, but you can bring your own if you wish.
- Clothes - there is limited space so we recommend a change of clothes for every 2 days you're on board.
- Underwear - you'll need a fresh set of underwear and socks for each day onboard.
- Soft-soled non-marking trainers or plimsolls.
- Waterproof boots or a second pair of soft shoes that can get wet.
- Windproof/waterproof jacket to wear ashore or when it's too warm for your oilskins.
- Warm hat and gloves
- Towel and Wash kit – as much or as little as you want (within reason)!
- Sun cream, sunglasses, sunhat with a brim.
- Swimming kit – please note we don't go swimming on every voyage
- Book, cards or something to do when you are off-watch.
- Spare glasses if needed
- Sufficient prescription medication to last the full duration of your voyage - don't forget to bring the prescription script.

### What we provide:

- Gill waterproof jackets and trousers
- Automatically inflating lifejackets, with integrated 'AIS' radio locating devices.
- Safety harnesses
- Pillows
- All your food and drink for the full duration of the voyage

**The following items are prohibited on all MST voyages. They will be confiscated, and you may even be asked to leave if you are found to be violating the onboard rules:**

- Alcohol (even if over-18, except on RYA Courses)
- Drugs, except prescription medication with a script
- Knives or any kind of weapon
- Large quantities of energy drinks or fizzy drinks

### **Skipper's Top Tips!**

Space is very limited on board the boat, so bringing too many changes of clothes isn't necessary.

Please bring your kit in a soft kitbag or holdall that can be packed down small, not a suitcase or bag with a metal frame. We recommend bringing some carrier bags or small drybags to organise your kit within your locker, and to keep dry and wet kit separate.

Wear lots of layers, and clothes that will easily dry such as microfibre fleeces. We don't recommend jeans.

Bring sunglasses and a sun hat, even if you are sailing in the spring/autumn. The sunlight bounces off the water and can make it difficult to see.

You may bring your mobile phone if you like, though it should only be used when you are off-watch, and never on deck. The Sea Staff reserve the right to confiscate phones or other electricals that are proving a distraction for reasons of safety. Boats can get very damp (even inside), and we are not liable for loss or damage to phones or any personal equipment.

Your feet may well get wet on board, so bring a second pair of shoes that you can get wet in. You can wear wellies but try to avoid anything with a pronounced heel. Rubber sailing boots with a flat, non-slip sole can be bought online for around £20-50. Please don't bring walking boots, shoes with marking soles, or wellies with mud on the bottom!

Please bring your passport, EHIC and any travel documents such as visas that you require. On 'Youth Sailing Adventure' voyages and the longer summer holiday voyages we always hope to be able to sail to France or the Channel Islands if the weather is right, and everyone onboard will need a passport for this. If you don't have a passport, don't worry - there's still plenty of great sailing on the English coast!

*If you have any questions about your voyage, or would like any advice, please contact us on [info@mst.org.uk](mailto:info@mst.org.uk) or 01243 908026.*