

Sailing Holiday Packing List

A [sailing holiday](#) is one of the most relaxing types of vacation you can have, no checking in and out of hotels and needing to pack your bags every few days as you move from location to location. However, because you are [aboard a yacht](#) (or boat) you need to make sure that you have everything you need with from the beginning of the journey, as purchasing items while sailing can be both expensive and difficult.

Two Key Essentials

Beside the really obvious suggestions like your passport and visa (if required), tickets, bank ATM cards, credit cards, phone and charger, music CDs/ iPod/MP 3 player, there are two items which are by far the most important

- Soft-soled shoes.** No need to buy fancy boat shoes – although there are so many super cool ones in stores! You will need shoes with a rubber sole to avoid making scuff marks (which can be deducted from your rental deposit) and also to ensure you don't slip and fall on deck. Breaking a leg is one sure way to ruin your vacation on the azure seas.
- Soft bag.** If possible, pack your cute bikinis and tanning lotions in a soft bag, they always seem to stow much more easily than big bulky hard suitcases which take up far-too-much room. I like this Herschel Supply Co. bag, which comes in a bunch of colors and is polyester so it's easy to clean and won't be easily damaged by salt water. Duffle bags are a great option as they are big, but can be stored under your bed.

Clothing

- Lightweight clothes.** Dresses, tank tops, shorts, that type of thing. Just remember that you'll be in your swimwear most of the time:
 - **Women.** 2 dresses, 2 pair of shorts, 3 T-shirts/tank tops
 - **Men.** 5 T-shirts/tank tops, 3 pairs of shorts
- Good quality [sunglasses](#)** are a must.
- Wind protection.** Easily forgotten off your packing list, because you are thinking about the sun, but, you may get caught in some cool weather, so, pack at least one pullover, cardigan or [windbreaker](#), just in case. A [pashmina](#) is also a great idea if things get chilly.
- In case of bad weather.** In case it gets crisp at night, or you encounter (gasp!) rain. Be sure to have a pair of leggings / tracksuit pants as a backup. If a pair of socks and a light jumper can fit into your bag, throw them in also.
- Underwear.** Bras and underwear. One for each day. No one wants to wash and hang these up for the world to see.
- Swimwear.** These are small, and light, so:

- **Women.** Bring at least two – but I usually end up packing four...okay five
 - **Men.** Boardshorts or speedos, you decide
- Cover-ups.** kaftans, [sarongs](#) and [cover-up dresses](#)
 - Shoes.** Let's face it you will be barefoot most of the time (or in your rubber soled shoes), nevertheless you will also need a pair of [flip flops](#) and or sandals to wear while out at a restaurant. If you plan to bike or trek a pair of tennis shoes is also handy.

Other items

- Skin protection.** Girls pack your biggest [most-wide brim hat](#) (or hats if you like to color coordinate), boys, add to your packing list a baseball cap, and everyone pack lots and lots of [50+ sunscreen](#).
Note: Sunscreen can be expensive on the islands, so be sure to pack it.
- Toiletries.** This is one area you can save a lot of room. Purchase an inexpensive [hanging toiletry bag](#), and pack in just the basics – in [travel size](#). Your sailing packing list must-haves are soap, shampoo, conditioner, toothbrush, toothpaste, [motion sickness meds](#) (just in case), mosquito repellent, skin moisturizer and antiperspirant deodorant. Plus:
 - **Women.** Hairbrush, elastics, headband, a razor, and if you think you'll need them (let's hope not) tampons.
 - **Men.** Nothing extra, aren't you lucky!
- Towels.** Micro fibre towels are the best choice as they dry very fast. Often the yacht rental company provides one, but if not pack two so you have one to use while one is drying – or to **roll up and use as a pillow on deck**.
- Underwater Camera,** your battery charger and be sure to highlight on your sailing holiday packing list a spare [memory card](#) – so many photo ops while sailing you may even need two.
- Earplugs.** Things can get noisy if you are docked at a busy marina overnight.
- Eyemask.** Maybe overkill but some of you may need it – especially for a daytime siesta or two.
- Activities to pass the time.** Those books you've been meaning to read (leave them behind when you are done), [E-Reader](#), magazines, playing cards, music and if there are a bunch of you sailing for a week, what about packing a [board game](#)?
- Waterproof bag** to protect your phone and other valuables. You can get [ones like this](#) or just use [zip lock bags](#) which are a little cheaper.
- Lip balm.** Wind-chapped lips are a real drag.

Things You Should Leave OFF Your Packing List

- Hair straightener.** Girlfriend, with the salt in your hair, let it all be al-natural!
- Expensive watches and jewelry.** Once it falls overboard, it's gone forever.
- High heels.** There ain't any need. Period.