

### ***What will I need to bring ?***

- Sleeping bag (pillows provided)
- 1 soft sided luggage (duffle bag) is suggested for each trainee. Space is limited.
- Prescription medicines, patches, wristbands, ant-acids, motion sickness medications, etc.
- Sunscreen, lip protection
- Toiletries
- Hat & Sunglasses
- Sweatshirt, fleece (it's colder on the water)
- Rain jacket
- Comfortable, climate appropriate clothing - knock around jeans, capri's, shorts and t-shirts
- Bathing suit and beach towel
- Docksidlers, sneakers or Teva-style sandals - no heels
- Camera engraved with name of trainee
- Some pocket money for souvenir shopping and ice cream
- Passports required for international passages

### ***What NOT TO BRING***

- Cell phones are not permitted
- Framed packs or suitcases
- Pierced ears: must be empty or with studs. No hoops.
- Makeup, perfume, hair spray, hair dryer
- Knives (rigging knives are used only by the officers)
- Alcohol and illegal substances are not permitted