## Checklist for your cruise

### Travel documents and documents
- [ ] foreign health certificate if necessary
- [ ] boat license and driver’s license
- [ ] charter documents
- [ ] radio license
- [ ] vaccination documents if necessary
- [ ] identity card / passport
- [ ] travel documents (for example: flight tickets, train tickets, vouchers for hotel and rental car)
- [ ] visa
- [ ] customs regulations of the holiday country
- [ ] address book and crew list, with radio-telephone-numbers and emergency phone numbers (charterer, insurer, base, etc.)

### Finance and cash
- [ ] bank card
- [ ] cash in the respective foreign currency
- [ ] credit cards
- [ ] travellers cheques

### Photo & Video
- [ ] adapter plug / multiple plugs
- [ ] batteries and charger / batteries and battery tester
- [ ] flash and charger / batteries and battery tester
- [ ] flash and remote control
- [ ] camera cap, lens cap and various lenses
- [ ] brush and cleaning cloth
- [ ] sun visors and UV-filter
- [ ] memory cards / photographic film
- [ ] stand
- [ ] video camera

### Technology
- [ ] work gloves
- [ ] binoculars
- [ ] markers for marking of terminals
- [ ] multi-function tools
- [ ] repair tapes (for example sailing tape and cloth tape)
- [ ] flashlight / head torch / batteries / emergency light
- [ ] pocket knife
- [ ] mobile phone with charger
- [ ] MP3 player / CD - player / radio
- [ ] portable speakers
- [ ] cable drum of extension for shore power
- [ ] bottle opener and can opener

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### Clothing
- swimwear
- flip flops / bathing shoes
- sheets, blankets and pillows if necessary
- towels and bath towels
- season-related and area-related clothing
- short and long trousers
- sweater / fleece jumpers
- non-slip deck shoes / sneakers
- scarf
- cap / hat
- sailing gloves and warm gloves
- shorts
- t-shirts
- waterproof oil skin/neoprene suit and footwear
- vest and jacket
- underwear

### Nautical equipment
- dictaphone
- binoculars
- host country flags
- tide tables/HO-panels
- GPS/compass, GPS may substitute
- harbor manuals
- tape, glue, cloth
- headphones
- harness and life jacket
- log
- nautical year book
- navigation book and other literature
- navigation set (compass, pencil, triangle protractor, erasers, pens, paper, note pad, calculator)
- pilot books, charts and sailing multilingual terminology
- marine knives / lanyard
- tuning
- seatbelt
- clock
- VHF emergency communications leaflet
- world receiver
- contact of the harbour master
- light sticks / flares

### First aid kit
- painkillers: aspirin, paracetamol, ibuprofen
- anti-seasickness tablets should you choose to use them
- antihistamines
- any prescription medications necessary
- sterile gloves / gauze pads
- absorbent compress dressings
- adhesive bandages / cloth tape
- roller / triangular bandages, plasters / Band-Aids
- antiseptic cream / wipes
- cold compress
- CPR mask
- a blanket
- thermometer (non-mercury and non-glass)
- scissors / tweezers / safety pins
<table>
<thead>
<tr>
<th>Hygiene and care</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ washbag</td>
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<tr>
<td>☐ toothbrush and toothpaste</td>
</tr>
<tr>
<td>☐ shower gel</td>
</tr>
<tr>
<td>☐ shampoo, conditioner, hair treatments</td>
</tr>
<tr>
<td>☐ day cream, night cream, body lotion</td>
</tr>
<tr>
<td>☐ hair dryer</td>
</tr>
<tr>
<td>☐ hair spray, hair mousse, hair gel</td>
</tr>
<tr>
<td>☐ make up</td>
</tr>
<tr>
<td>☐ shaving cream and razors</td>
</tr>
<tr>
<td>☐ feminine hygiene products</td>
</tr>
<tr>
<td>☐ baby hygiene products</td>
</tr>
<tr>
<td>☐ contraceptives</td>
</tr>
<tr>
<td>☐ toilet paper and tissues</td>
</tr>
<tr>
<td>☐ container for dirty laundry</td>
</tr>
<tr>
<td>☐ detergent / cleanser / clothes pegs / laundry basket / clothesline</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ chest pouches, money belt, belt bag, wallet / purse</td>
</tr>
<tr>
<td>☐ various fins</td>
</tr>
<tr>
<td>☐ flippers, snorkel, diving mask</td>
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<tr>
<td>☐ towels and tea towels</td>
</tr>
<tr>
<td>☐ candles / lanterns</td>
</tr>
<tr>
<td>☐ sewing kit</td>
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<tr>
<td>☐ travel or sail bag / backpack / waterproof container / floatable keychain</td>
</tr>
<tr>
<td>☐ guide / literature / dictionary</td>
</tr>
<tr>
<td>☐ sleeping bag</td>
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<tr>
<td>☐ buoyant keyring</td>
</tr>
<tr>
<td>☐ sunglasses / reading glasses and spare / contact lenses and accessories</td>
</tr>
<tr>
<td>☐ entertainment (games and cards)</td>
</tr>
<tr>
<td>☐ matches / lighter</td>
</tr>
<tr>
<td>☐ thermos and water bottle</td>
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<tr>
<td>☐ writing materials and painting materials</td>
</tr>
<tr>
<td>☐ fishing gear</td>
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<tr>
<td>☐ sunscreen</td>
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</tbody>
</table>