

Tall Ship 3-day Women's Challenge Gear List

Clothing

- 2 pairs sturdy pants (twill pants, wind pants and/or fleece are best – sweats are a comfortable alternative.)
- 1-2 shirts (tee-shirts, tank tops)
- 1-2 long sleeved shirts/turtlenecks
- 2-3 pairs of cotton socks, two pairs warmer (wool) socks
- long underwear, both tops and bottoms (for warmth)
- underwear for 3 days
- 1 pair of shorts
- warm jacket (not down!, a heavy fleece is good-or two lighter fleeces or a wool sweater)
- hat and gloves (for night watches, wool or fleece)
- rain gear (also called foul-weather gear in marine stores)--pants and a jacket. These should be wind and water proof
- 2 pairs comfortable shoes (sneakers and/or light hiking shoes are good)
- sleep wear

Personal Items

- soap, and moisturizer (I like to bring baby wipes called “shower in a box” on board or similar pre-moisten face towels)
- sun block, chapstick, etc.
- toothbrush, etc.
- hairbrush, hair ties, etc.
- sanitary supplies
- seasickness medication of choice
- hand towel–something light

Other (some of these items are optional)

- sunglasses and sun hat
- waterproof watch (recommended)
- camera
- binoculars
- sketchbook and art supplies (optional)
- small flashlight
- reading material/journal
- sailing gloves
- The Complete Sailor by David Seidman

Bedding

- Bottom twin sheet and pillow case
- Sleeping bag OR sheet and warm blanket