

## Preparing (and shopping) for your trip

Thank you for booking a residential trip aboard *Stort Challenger, Red Watch or Rose of Essex*: we hope your time aboard will be most enjoyable. This sheet is to help you prepare for your trip.

Please feel free to distribute copies of the kit list (reverse side) to members of your party.

In general, the boats are well equipped. However, there are certain things you will need to bring with you and there are also a number of optional items that are available to you but may not be on board when you arrive.

### First Aid Kit

Please bring first aid supplies adequate for your group.

The small kit normally on board is provided for our volunteers - if you need to 'borrow' from it please replace or at least let us know.

### 'Consumables'

Each toilet compartment should be stocked with hand wash soap and toilet tissue. Additional supplies will also be provided on board.

'J' cloths and dishcloths may be useful, along with 'soft' scourers & sponges. Kitchen rolls may be useful in the galley.

Please remember to bring adequate supplies of washing up liquid, bin bags, dishcloths, 'soft' scourers etc. Please do not bring steel scourers – the stainless steel pans will always come clean after a short soak!

### Hand Towels

You may want to bring a supply of linen hand towels for use in the toilet compartments. Please do not bring paper towels as it is all too easy to flush these into the toilet, which blocks pumps etc.

### Tea Towels

Drying-up is a necessity as there is very little space for draining. Washing & drying of used tea towels on board is not very practical and a plentiful supply of clean towels is therefore advisable.

### Miscellaneous

We deliberately do not provide non-stick pans as experience has shown that they are too easy to destroy.

All boats are equipped with a full complement of Junior buoyancy aids and adult life jackets. Infant sized lifejackets can be made available on request, as can especially large buoyancy aids.

## **Suggested Personal Kit for residential boat trip: -**

Ideally, kit should be packed into a soft, hold-all type bag (rather than a suitcase or rucksack) that will make best use of storage space under the bunks.

Please keep personal kit to a minimum.

Pillow and either a sleeping bag or bottom sheet & duvet.

Night clothes (N.B. limited privacy onboard)

Toilet kit & towel (spare towel useful on longer trips)

At least one complete change of clothes (more for longer trips)

Changes of socks, underclothes, 't' shirts etc for several days (or length of trip)\*

Waterproof outer garments adequate for extended periods outdoors

Footwear suitable for muddy conditions

Indoor footwear

A large polythene bag for dirty laundry

Torch

Personal supplies and/or medications such as Sunscreen, headache tablets etc.

Earplugs if you are a light sleeper – the central heating boiler, water pump & toilets make sounds that you will be unaccustomed to and there may be people snoring!

\*Washing & drying clothes on board should be left for emergencies only. Visits to a launderette can be programmed into longer trips.

### **N.B. Electric shaver sockets:**

Rose of Essex has a two pin electric shaver socket.

There are no '2 pin' shaver sockets on-board Stort Challenger or Red Watch but there are 240 volt sockets on board. If you have a mains shaver, please make sure you bring an adaptor for a standard '3 pin' (13 amp) socket.