

Overnight Sailing Trip Packing List

(For monohull or catamaran overnight sailing adventures)



Essentials:

- Government-issued ID
- Credit/debit card & small amount of cash
- Personal medications & prescriptions
- Sunglasses with a strap/band
- Sunscreen (reef-safe preferred)
- Lip balm with SPF
- Bug spray
- Reusable water bottle
- Small backpack or dry bag

Clothing:

- Lightweight, breathable clothing (moisture-wicking if possible)
- Warm layers (fleece or sweater)
- Waterproof jacket & pants
- Comfortable sailing shoes or non-marking deck shoes
- Hiking shoes when going ashore.
- Water shoes if/when entering the water.
- Extra socks & underwear
- Sleepwear
- Hat or cap for sun protection
- Swimsuit & towel
- Gloves (optional but useful in cool weather)

Personal Items:

- Toiletries (toothbrush, toothpaste, deodorant, etc.)
- Small towel or quick-dry towel
- Hairbrush or comb
- Earplugs & sleep mask (optional for light sleepers)
- Phone & charger (portable battery recommended)
- Camera or GoPro (optional)
- Book, journal, or small entertainment items

Optional Comfort & Extras:

- Pillow & sleeping bag (bedding may be provided, check in advance)
- Snacks (non-perishable & easy to store)
- Fishing gear (if permitted)
- Dramamine/sea sickness medication (if prone to motion sickness)

Please reach out in advance for any additional questions regarding packing for an overnight excursion on the sailboats or the Catamaran