

## YOU SHOULD BRING THE FOLLOWING ITEMS

### DOCUMENTS & ESSENTIALS

#### Travel documents

To be able to travel, you must bring the most current and appropriate travel documents with you. This is usually a passport, and sometimes a visa or travel authorisation (see below!) For EU citizens, traveling inside the EU, an international ID is usually sufficient. If you're from the EU, please remember that you now need a passport to enter the UK!

Please check which travel document you need for **all** countries visited during your journey. You should be able to find the latest information on the website of your country's ministry for foreign affairs.

Finally, bring a photocopy or a picture of:

- Your travel documents,
- Insurance card,
- Copy of the insurance policy.

#### Important: ETA and ETIAS – new travel authorisation schemes

##### **ETA: entering the UK from another country (including the EU)**

From April 2025, all people entering the UK from the EU/Schengen countries will need an ETA travel authorisation (along with a valid passport). You will be able to apply starting on March 5<sup>th</sup> 2025. This will be done electronically and cost 10 GBP.

To read more about ETA, [click here](#).

##### **ETIAS: entering the EU/Schengen area from another country (including the UK)**

All people entering the EU/Schengen area from abroad, including (but not limited to) the UK, will need either a visa or an ETIAS travel authorisation. This will be done electronically and cost 7 EUR. At the moment the scheme is expected to go into effect in the early 2025, but the exact timing is not confirmed yet. You must check the information about ETIAS closer to the journey date, we recommend checking at least 2 months in advance.

To read more about ETIAS, [click here](#).

#### Minors traveling without a parent/guardian

In addition to their own valid passport or ID card, all minors (younger than 18) travelling, either alone, with adults who are not their legal guardian, or with only one parent, may need an extra (official) document signed by both their parents, or legal guardian(s) authorising them to travel.

There are no EU rules on this matter, each country decides if it requires the traveller to have an official authorisation from their parent(s) or guardian. Check the exact rules for the countries you are travelling to and from if this applies to you. Also, please be aware that airlines might have additional rules in place regarding an unaccompanied travel of minors.

For Dutch trainees – [click here](#) for more info and the official form.

For French trainees – [click here](#) for more info and the official form.

## Insurance

You are required to carry proof of being enrolled in the following:

- Medical health insurance, for your home country,
- Travel insurance, which covers medical expenses abroad, loss of luggage and third-party liability. Make sure that it includes sea sailing!

Please be aware that you need **both** of those in order to sail.

Unless stated otherwise, cancellation insurance is not obligatory, but recommended. In case of a journey cancellation, you will only receive reimbursement of your journey fee, but not any additional costs (like flights).

Tip: For travel insurance, Windseeker has good experience with [Topsail Insurance](#) (currently not available for EU citizens) and Allianz (Dutch trainees – [click here](#); international trainees – check Allianz Travel Insurance relevant to your country. Please be aware that each country has different conditions and it's the trainee's responsibility to ensure that the policy meets all the requirements listed above.)

## Pocket money

Coffee, tea and milk are included. Other consumptions (soda, candy, if available on board) will have to be paid for at the end of your journey. Most ships accept cash, some also accept cards.

## Drugs, Medication and/or Diets

Drugs of any kind are not permitted on board. However, personal medication accompanied by doctor's statement or prescription is allowed. Please inform us in advance about your medical condition in the health statement. We will brief the responsible officer on board. The ship's cook is limited in the possibilities to make special food. If you follow a special diet, please let us know beforehand – if you did not mention it at the health statement – so we can inform the cook.

## CLOTHING AND TOILETRIES

### Bag

When packing, think of the limited space on board. Pack in a foldable bag; there's no space to store big, hard covered suitcases. Even better if the bag is waterproof!

Make sure that your luggage is clearly labelled with your name and destination on the outside. Also, put a second label or big piece of paper inside your luggage with the same information, the name of the Ship and your mobile number.

### Warm and waterproof clothes

It can get pretty cold during sailing, especially at night (even during the summer). Make sure your jacket and/or rain suit are windproof! Bring rubber boots or waterproof shoes, next to your regular set (sneakers or boat shoes). Choose shoes with profile on the soles to avoid slipping on a wet deck. **The waterproof jacket, trousers and boots are especially important for smaller vessels, on which waves are likely to get on board once in a while.**

Sometimes work on board can get a little messy, so you might get dirty. Bring appropriate clothing and don't forget that doing laundry might be difficult, or even impossible.

## Recommended clothes & essentials:

- Comfortable shoes with low heel and non-slippery soles
- Boots or waterproof shoes
- Sandals (preferably ones that stay on your feet, no flipflops)
- Enough clothing for all weather circumstances
- Watertight jacket and pants
- Warm sweaters, T-shirts etc.
- Socks, underwear and nightwear/ pyjamas
- Swimming gear
- Hat or cap, scarf, gloves – even in the summer, unless you're sailing in the tropics
- Toiletries (toothbrush, toothpaste, hairbrush, shampoo, soap etc.)

## Some personal items to consider:

- Photo camera and filming equipment
- Sunglasses (with a cord) and if you use glasses, take a spare pair with you!
- Sun lotion
- Personal medicines; over-the-counter motion sickness medication
- Small backpack to use in the harbour
- Musical instruments
- Board games
- Addresses of family and friends
- Pen and paper
- Reusable water bottle
- Some special snacks from your country
- **Don't** bring expensive jewellery
- For light sleepers: earplugs and an eye mask

## EXTRA REQUIREMENTS PER SHIP: BEDDING AND TOWELS

**Astrid\***: Sleeping bag, pillowcase, bed sheets, towels.

**Bark Europa\***: All bedding and towels are provided.

**Blue Clipper\***: Towels.

**Challenge Wales\*\***: Sleeping bag, pillow, pillowcase, sheets and towels, sailing gloves. *No single-use plastic bottles on board. No smoking/vaping on board.*

**Christian Radich\***: Sleeping bag, towels, small padlock for the locker (available to buy on board).

**Constantia\***: Sleeping bag, pillowcase, bed sheets, towels. *Charging devices only when in port – consider bringing a powerbank with you.*

**Eendracht\***: Towels. *For Tall Ships Races: bring everything duck-related for the Crew Parade!*

**Esprit\***: Sleeping bag, besheets, pillow, towels.

**Excelsior\*\***: Sleeping bag, pillowcase, towels. If you can, bring your own pillow.

**Gulden Leeuw\***: Sleeping bag, towels, headlamp/torch.

**Johann Smidt\***: Sleeping bag, pillowcase, bedsheets, towels.

**Johanna Engelina\***: Sleeping bag, mattress cover, towels.

**Jolie Brise\*\***: Sleeping bag and towels. Pillow and a flat sheet are recommended for comfort, but not essential. Bring non-slip waterproof boots. *There are waterproofs on board, but if you have your own then please bring them as the availability of sizes is limited.*

**Maybe\*\***: Sleeping bag and towels.

**Morgenster\***: Towels. Sleeping bag for: trainees who booked a hammock or sailing in the Tall Ships Races, Regatta and Exchange@sea (unless other information is given).

**Oosterschelde\***: All bedding and towels are provided on board. Optionally: beach towel for swimming.

**Pascual Flores\***: Towels.

**Roald Amundsen\***: Towels.

**Saeftinghe\***: Towels. Watertight sailing suit.

**Santa Maria Manuela\***: Beach towel for swimming.

**Sørlandet\***: Sleeping bag, towels, pillow + pillowcase and a padlock for the storage locker.

**Stad Amsterdam\***: All bedding and towels are provided on board.

**Statsraad Lehmkuhl\***: Sleeping bag, towels. Optionally: pillow. Recommended earplugs / sleeping mask for light sleepers.

**Swan\*\***: Sleeping bag, pillow, towels.

**Svanhild\***: Sleeping bag, pillowcase, bed sheets, towels.

**Tecla\***: All bedding and towels are provided on board.

**Thalassa\***: All bedding and towels are provided on board.

**Valborg\***: Sleeping bag, pillow, pillowcase, bed sheets and towels.

**Wylde Swan\***: Sleeping bag, pillowcase, bed sheets, towels.

\* Electricity on board 220V – you need a 2-pin plug (European)

\*\* Electricity on board 240V – you need a 3-pin plug (British)

\*\*\* Electricity on board 110V – you need an American/Canadian plug

## ADDITIONAL INFORMATION

### Seasickness

Some people get seasick and some don't. Most will depend on the weather situation in the first days at sea. What helps is being fresh on the morning of departure. Get a good night's sleep, make sure you have eaten enough and keep on eating and drinking even if you don't feel like it (but skip the coffee if you start feeling bad). If you decide to use motion sickness pills to prevent getting sick, make sure to take them **before** departure. We recommend that you bring some just in case. If you'd like to be super-prepared you can find our article about seasickness [here](#).

### Travel

If you would like somebody else to take over arranging the travel to and from the ports, check out the Travel Counsellors [website](#) or contact Manon Eeken at:

- [manon.eeken@travelcounsellors.nl](mailto:manon.eeken@travelcounsellors.nl)
- +31 023-5762105

### Questions?

If you have any questions, don't hesitate to contact us by email [info@windseeker.org](mailto:info@windseeker.org) or phone +31 (0) 6-82790115.

In case of emergency, you may contact the Ships through Windseeker – you can give our number to your family or friends.

Check out the [Getting Ready](#) section of our website more information.

Fair Winds!

The Windseeker Foundation Team  
**SET COURSE FOR NEW HORIZONS**