saltyandwindy.com Sailing Packing Checklist

This checklist is designed to help you pack smartly for your sailing adventures, ensuring you have all the essentials for a safe, comfortable, and enjoyable time on the water.

Safety & Navigation Essentials

These items are non-negotiable for any responsible sailor to ensure safety at sea.

Must-Haves:

- [ ] Personal Flotation Devices (PFDs) - One for each person, correctly sized.
- [ ] Comprehensive First-Aid Kit (including seasickness medication, personal prescriptions).
- [ ] Current, unexpired Flares & Visual Signal Devices (air horn, signal mirror).
- [ ] VHF Radio (fixed or handheld, fully charged).
- [ ] Navigation Tools (paper charts, parallel rules, dividers, hand-bearing compass).
- [ ] Reliable GPS unit or chartplotter.
- [ ] Primary and Secondary Anchors with appropriate rode (chain and line).
- [ ] Fire Extinguishers (inspected and accessible).
- [ ] Emergency Tiller.

Nice-to-Haves (Highly Recommended for Coastal Cruising):

- [ ] EPIRB (Emergency Position Indicating Radio Beacon) or PLB (Personal Locator Beacon).

- [ ] Satellite Communicator or Phone.
- [ ] Binoculars.
- [ ] Headlamps or Torches with spare batteries.
- [ ] Waterproof Dry Bags for electronics and documents.

Personal Comfort & Hygiene

Staying comfortable and clean directly impacts your enjoyment on board.

Must-Haves:

- [ ] High-quality Foul Weather Gear (waterproof/windproof jacket and trousers).
- [ ] Layering Clothing (wicking base layers, fleece mid-layers - avoid cotton).
- [ ] Sun Protection (wide-brimmed hat, polarized sunglasses, high SPF sunscreen, UV-protective clothing).
- [ ] Boat Shoes (non-marking, non-slip).
- [ ] Personal Toiletries (biodegradable soap, shampoo, etc.).
- [ ] Quick-Dry Towels (microfiber recommended).
- [ ] Sleeping Bag or appropriate bedding.

Nice-to-Haves:

- [ ] Sea Sickness Bands or Patches.
- [ ] Insect Repellent.
- [ ] Earplugs.
- [ ] Personal Entertainment (books, e-reader, games).

Galley & Provisions

A well-fed crew is a happy crew. Plan your meals and supplies carefully.

Must-Haves:

- [ ] Ample Drinking Water (in tanks and bottled backup).

- [ ] Non-Perishable Food (canned goods, pasta, rice, bars, nuts).
- [ ] Basic Cooking Utensils (pots, pans, cutlery, sharp knife, cutting board).
- [ ] Coffee & Tea Supplies.
- [ ] Cleaning Supplies (dish soap, sponges, trash bags).
- [ ] Functional Cooler or Refrigeration.

Nice-to-Haves:

- [ ] Coffee Press or Aeropress.
- [ ] Specialty Snacks.
- [ ] Portable Grill.
- [ ] Reusable Water Bottles and Mugs.

Tools & Spares

Being prepared for repairs can prevent a minor issue from becoming a major problem.

Must-Haves:

- [ ] Basic Tool Kit (wrenches, screwdrivers, pliers, etc.).
- [ ] Duct Tape & Zip Ties.
- [ ] Electrical Tape.
- [ ] Spare Lines and Ropes.
- [ ] Engine Spares (fuel/oil filters, impeller, belts, oil).
- [ ] Sail Repair Kit (tape, needles, thread).
- [ ] Assorted Shackles & Cleats.
- [ ] Multimeter.

Nice-to-Haves:

- [ ] Waterproof Epoxy or Sealant.
- [ ] Assorted Hose Clamps.

- [ ] Dive Mask & Snorkel.
- [ ] Specific spares for crucial systems (e.g., water pump, head pump kits).

Emergency "Ditch Bag" & Gear

This kit is for worst-case scenarios and should be kept in an easily accessible, waterproof, and buoyant bag.

Must-Haves:

- [ ] Waterproof, buoyant "Ditch Bag".
- *Inside the Ditch Bag:*
  - [ ] Water & Emergency Food.
  - [ ] Essential First-Aid Supplies.
  - [ ] Signaling Devices (mirror, whistle).
  - [ ] Waterproof VHF Radio.
  - [ ] EPIRB or PLB (if not carried on person).
- [ ] Dinghy Repair Kit.
- [ ] Manual Emergency Bilge Pump.
- [ ] Bolt Cutters.
- [ ] Sharp, corrosion-resistant Knife.

Nice-to-Haves:

- [ ] Water Purification Tablets or Filter.
- [ ] Thermal Blankets.
- [ ] Emergency Fishing Kit.

Personal Go-Bag Essentials (for Multi-Day Trips)

Keep your critical personal items in one sturdy, waterproof duffel bag for quick access.

- [ ] Foul-weather jacket and trousers.
- [ ] Compact dry bag with a full change of clothes (warm base layer, shorts, sun shirt).
- [ ] Headlamp with fresh batteries.
- [ ] Small, personal first-aid kit (seasickness remedies, blister care, personal medications).
- [ ] Polarized sunglasses and a wide-brimmed hat.
- [ ] Waterproof notebook and pencil.
- [ ] Multi-tool with a shackle key.
- [ ] Personal handheld VHF radio (charged).