



PACKING LIST – ATLANTIC OCEAN CROSSING

Dear sailor,

You're about to embark on an unforgettable Atlantic crossing aboard Bark EUROPA. This guide is designed to help you pack smart for your journey — from tropical warm weather to cooler nights at sea.

Cabin space is limited, so please pack light and use soft, foldable luggage that can be stowed easily. Your comfort and safety, as well as that of your shipmates, begins with thoughtful preparation.



Stowing your gear

- Each cabin provides a drawer and a small cupboard for all your belongings, including your bag. Loose bags are a safety hazard during movement, so keep them stowed. **Please take a look at the VR-tour** here for a better idea of the cabins.

Luggage

- **Main bag: Soft-sided duffel bag (collapsible, no hard suitcases!).**
- Daypack: Lightweight, waterproof roll-top dry bag for landings.
- Luggage labels: Inside and outside with your name, voyage, destination, and contact details.

Washing and laundry

- Handwashing is possible, and clothes dry quickly on the corridor radiators.
- While we strive to offer two laundry cycles, weather conditions may limit machine use. The crew will provide each cabin with a laundry bag.
- Label your belongings clearly to avoid confusion.



CHECKLIST - FROM SKIN TO SHELL

On board, casual clothing is the norm. Staying dry and comfortable is key to enjoying the experience. Layering helps you adjust to changing weather, especially during cooler nights. Everyone's needs are different, so consider the list below a flexible guideline. Laundry is typically possible every 10–14 days depending on sea conditions.

Base layer

- ☐ Merino wool thin thermal underwear, bottom and top (1-2 sets)
- ☐ Seamless socks (thin + thick pairs for 10 days)
- ☐ Underwear (enough for 14 days)

Mid Layer

- ☐ Warm jumpers or wool sweaters (at least 2)
- ☐ Light down or Primaloft jacket
- ☐ T-shirts (7+, go for quick-dry, bamboo or cotton with elastane)
- ☐ Quick-dry trousers, short & long (2+)
- ☐ Comfortable clothing for relaxing below deck

Outer Layer (Shell)

- ☐ Waterproof sailing jacket and pants - Professional gear like Musto or affordable oilskins like Guy Cotten work well. Test in the shower! (see more brand suggestions below)

Swimwear

- ☐ Optional, but nice to have for warm days and swimming opportunities.

Footwear

- ☐ Deck shoes: GTX Hiking boots (waterproof), Blundstones or sandals with good grip when we reach warmer weather.
- ☐ Cabin shoes: Easy slip-ons like Blundstones, Crocs, indoor sneakers.

Accessories for head, neck, and hands

- ☐ Beanie & buff (merino wool recommended)
- ☐ Sunglasses, the light reflecting on the water can be strong, protect your eyes well.
- ☐ Work gloves (Showa brand recommended)

Toiletries & health

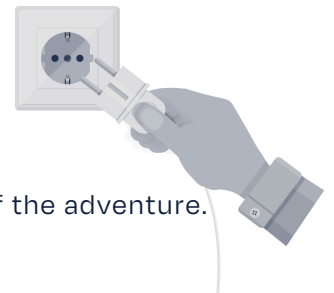
- ☐ Reusable water bottle: you can refill it at any time in the deckhouse.
- ☐ Biodegradable soap, shampoo, toothpaste (preferably ocean-friendly)
- ☐ Seasickness medication (Cinnarizine recommended – bring enough for 5–10 days)
- ☐ Personal medication + basic pain relief (paracetamol, ibuprofen)
- ☐ Sunscreen & lip balm with SPF
- ☐ Earplugs (for light sleepers)
- ☐ Extra glasses/contact lenses + lanyard to not lose them overboard

Optional comforts

- ☐ Herbal teas (black tea & coffee are provided)
- ☐ Personal snacks/sweets
- ☐ A good book, journal, or small games (tip: we have a beautiful journal in our ship shop)

Electronics

- ☐ Camera with extra batteries/memory card
- ☐ USB stick (6GB+ for photos & voyage memories)
- ☐ Power adapter (EU standard, 220V with two circular pins)
- ☐ USB-stick - To exchange pictures and other digital memories at the end of the adventure.



Personal documentation

- ☐ **Passport (valid + visa if required). All our trainees are required to bring their passport when embarking EUROPA. ID Card is not sufficient.**
- ☐ Copies of travel/medical insurance, itinerary, and emergency contacts



SAILORS TIPS AND TRICKS

Make the most of your adventure with these practical packing insights from seasoned crew and returning sailors.



Why choose merino wool?

Merino wool is your best onboard companion:

- Gives warmth, even when wet
- Naturally odor-resistant (good for limited laundry days!)
- Breathable
- Eco-conscious: unlike synthetic fleece, it doesn't shed microplastics into the ocean during washing
- Skip synthetics — they don't breathe, and start to smell faster

Did you know: One wash of a synthetic fleece jacket can release up to 250,000 microfibres into the sea!

Sock wisdom

Pack both thick and thin socks, made of natural fibers

- Seamless designs help prevent blisters during long watches and deck work.
- Plan enough for up to 2 weeks (or pack handwash-friendly pairs).

Choosing the right sailing gear

A waterproof outerlayer is important. We recommend:

- Professional sailing gear like Musto, Helly Hansen, Gill, Henry Lloyd
- Affordable oilskins like Guy Cotten are great too
- Test for waterproofness in the shower before packing!

What not to bring

- ✗ Suitcases or rigid luggage
- ✗ Sleeping bag or towels (provided onboard)
- ✗ Alcoholic beverages
- ✗ Valuables or excessive electronics
- ✗ Smart clothing (unless for a pre/post-voyage dinner ashore)
- ✗ Synthetic fleece or thermal wear (choose merino to protect the oceans).

QUESTIONS

We're here to help. Don't hesitate to reach out as you prepare for this remarkable journey.

Fair winds and following seas — we look forward to welcoming you aboard Bark EUROPA!

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