

SUGGESTED PACKING LIST (L. 1 TRAINING)

This is a suggested packing list based on the experience of an ex Round the World Crew (now a training skipper).
It should be taken as advisory only. Individual requirements may, of course, vary.
We are NOT 'Clipper' and our views are our own.

Clothing Description	Qty	✓	Comments
Socks (lightweight)	X 7		Assumes 6 days training and the trip home. No reason you should be smelly or more uncomfortable than necessary - on training! You won't change daily on the race!
Socks (Warm / thermal)	X 2		You can wear these over the top of your lightweight socks and use the lightweight as a 'liner' for longevity of the thermal sock. I'd recommend at least one pair of mid length heavyweight seal skin socks for the race. We stock them.
Underpants	X 7		I bought 5 pairs of Merino wool jockeys for the race and still use them. Expensive but very comfy and they dry quickly when you have a wet bum! Normal pants are fine for training.
Base Layer Stockings	X 1		Nice to have but not absolutely necessary for training. If you have thermal long johns – bring 'em!
T Shirts	X 4		Ideally quick drying lightweight base layers but T Shirts will do. When wet, cotton is uncomfortable and dissipates heat fast, so bring changes!
Base Layer Tops	X 3		As above. If you pack 5 x base layer tops you don't need the T Shirts. Or bring 3 base layer tops and 2 T-shirts. I'd hold fire on buying too much new kit until after L1.
Quick Drying Trousers	X 2		If you don't have salopettes you'll need something to keep you warm under your foulies and whatever you use needs to be quick drying as a wet bum at some point is pretty much guaranteed. Jeans are not good for sailing offshore. You may be out in the rain all day too. The foulies provided work for this but you need warm, moisture repellant, quick drying kit underneath.
Mid Layer Salopettes	X 1		If you have mid layer salopettes you only need trousers for shore side. If you can get your mid layers before training then I would. They make a big difference when it's cold.

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Fleece (thick)	X 1	You MUST have a good fleece – I like Polartec and wear a Musto Extreme. Very warm, soft - and water repellant material. Pricey but worth it.
Warm jacket / wind cheater	X 1	For the race you will need a good mid layer jacket. I would suggest you take advantage of the Henri Lloyd discount (I think this is 25% for crew) and get one via Clipper (ask Rob Carter at Clipper in the first instance). The 'Nero' is the model type but I understand this has been discontinued. Rob's your man in the first instance.
Beanie	X 1	I like Polartec.
Buff	X 1	Excellent accessory and a must have for keeping warm. Acts as a gasket / draft excluder around the neck / ears. Again, anything Polartec is good.
Balaclava	X 1	If you are training between October and May in the UK, I suggest you buy a decent, water repellant balaclava to keep your head warm night and day. I rate the Sharkskin, which is water repellant, wind proof and micro fleece lined too!
Shower Proof Jacket / ski jacket	X 1	If you don't have a mid layer you need something to keep you warm that has some moisture repelling qualities. A ski jacket would be OK as long as it'd fit under a foul weather jacket ('Foulie' trousers and jacket [the shell] are provided by Clipper for training).
Deck Shoes / Trainers	X 2	On balance, buying deck shoes is probably a good idea. But buy proper ones if you are going to do it. Not high street fashion deck shoes. The sole is important and must be grippy. You only need one pair. If you bring trainers (which is fine), bring two pairs in case (or when) the other pair gets wet. They must have grippy, non-marking soles for wet decks. Dubarry and Sebago make good deck shoes.

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Sailing Boots / 'Wellies'	X 1	<p>You need something to keep your feet dry. Wellies will do the trick for training as long as they have a sole suitable for wet decks (i.e. not great big tractor-tyre soles).</p> <p>Unless you are <i>SURE</i> of the boot you want I really would hold fire on buying your race boot just yet. Cheap sailing wellies for L1 are fine and making the wrong purchase now is an expensive mistake. Just bring warm socks. You will need gaiters for the race but they are not necessary for L1, as the conditions do not warrant them. If you have decided to buy now, I recommend the Le Chameau Neptune. It is a handmade, neoprene lined rubber boot with built-in gaiters. The design was pioneered by Le Chameau and is now followed by Musto, Henri Lloyd and Dubarry for a reason. It's a great boot. RRP £315 Our Price £275 with discount.</p>
Gloves / Mittens	X 1	<p>Warm, waterproof gloves are a must for winter sailing (helming more than anything) but few manufacturers make anything worthwhile. Try seal skin mittens or heavy duty rubber gloves with a fleece lining work although you can't handle lines when wearing them. We can offer Seal Skin Extreme mittens at £15! RRP was £60. Limited Offer.</p>
Sailing Gloves	X 1	<p>A pair of fingerless gloves is good if you have delicate hands and like wearing gloves. I don't! Your hands are going to take a beating.</p>
Sun Hat	X 1	<p>If sailing in the Summer this is very necessary.</p>
Head Torch	X 1	<p>Bring a head torch. A £5 cheapy pack from a garage is fine as long as they have a red lens – if they don't, nail varnish the lens. They have a habit of breaking – but so do the pricey ones.</p>
Sunglasses	X 1	<p>Good to have as it gets bright on the water. Ideally plastic with good UV protection and make sure you have a 'croakie' or similar to keep them on your head or they'll blow off in a big breeze!</p>

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Sleeping Bag	X 1	If you have a decent sleeping bag you'll probably be OK for L1. For the race (unless you are doing a warm leg – Leg 1 or Leg 7) then you really need a marine bag. We do great discounts on the two main brands. By all means wait until after training, but I never go training without my marine sleeping bag.
Pillow	X 1	I think a pillow is worth the extra packing – but make sure it isn't a down filled one or it's likely to become a moldy lump of goo.
Soft Holdall / Rucksack	X 1	You'll keep most of your kit in this all week so it needs to be accessible and (if you are travelling by train) carriable.
10L Dry Bag and small Karabiner	X 1	This is useful for keeping all your deck bits and pieces immediately to hand and maybe your fresh underpants and bits. You can decant stuff into it from your main bag and hang it by your bunk with the karabiner.
Wash bag	X 1	
Travel Towel	X 1	Much better than a normal towel – less smelly and dries fast.
Black Plastic Bag	X 1	For your dirty washing.
Water Bottle and small karabiner	X 1	Useful on deck. Keeps you hydrated without having to keep going below.
Thermal Mug	X 1	Nice to have but causes issues with washing and making of Teas etc if you are the only precious one with a mug. I have one – but I'm the skipper :)
Ear Plugs (Soft)	X 1	If you are a light sleeper bring some cheap, soft earplugs for the snorers!
Sea Sickness Remedies	X 1	If you need them. See our blog on sea sickness
Travel Mask	X 1	Again, if you are a light sleeper – helps when off watch during the day.
Spray deodorant	X 1	Great if you are at sea and not showering. A shower-in-a-can! Ozzies call it a 'pommy shower'.

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Skin Cream / Moisturiser	X 1	Personal choice.
Sun Screen (+50 UV)	X 1	Even in winter this is a good idea as its very much like skiing when UV light reflects off water.
Lip Balm	X 1	A good idea if you are a landlubber – Lips chap fast in cold, wet weather.
Wet Wipes	X 1	Your best friend when offshore. For personal hygiene. A pack of 40 will do. Level 1 will have access to shore showers most of the time. So, THIS IS REALLY FOR L2.
Notebook	X 1	If you learn better making notes, keep a notebook for summarising the day's work and for evening lectures. Many crew keep a journal of training and the race. I think a journal is the best ways to keep memories of the whole experience, but only if you have the personal discipline and inclination.
Passport	X 1	You may go to a foreign port and need this (even UK Citizens)
Clipper Paperwork / Insurance	X 1	
Foot deodorant spray	X1	Nice to have if you are a ponger!
MP3 player	X1	Nice to have if you are having trouble sleeping off watch. A luxury.
Waterproof case for MP3 Player	X1	If you value your smart phone or mp3 player consider a decent waterproof cover.
Phone Charger	X 1	The boats have 12-volt charger points (like car cigarette lighter points and UK 240V plugs (when alongside or when inverter is running).
Safety Knife	X1	The boat has them but I always sail with one. I've only needed to use it in anger twice (both on the last race in what were rather 'extreme' conditions) but it's nice to have one. There are knives on deck too, so you could wait until after Level 1. I recommend the Gerber E-Z Out (with the blunt end).

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Multi-tool	X 1	Not necessary. If you are planning to be working on the bow a lot then maybe, but you won't need one for Level 1. That said, I bet all the guys still have them in their pockets on day 1 – they always do – we love gadgets I guess! The multi tool is NOT a safety knife. I recommend the Leatherman Wave or the Leatherman Juice (smaller).
Camera (waterproof)	X 1	Olympus make a robust waterproof camera – check out our blog or Go Pro, for the best waterproof HD Video solution for 'point of view' shots. We are awaiting stock.

Notes:

- Grey Text is considered desirable but optional kit for Level 1.
- Regular access to shorebased shower facilities on Level 1 is usual.
- You will not be 'offshore' for extended periods of time (48 – 60 hours max) on Level 1. For this reason, we do not consider it critical that you spend too much on expensive kit at this stage. This will change as training progresses.
- We suggest you talk to people that have done your leg before making expensive purchases – or speak to us!
- The Southern Ocean or North Pacific in Winter are very different places to the Solent and Channel, or The North Atlantic in Summer for that matter. For the race, the best kit for the conditions makes a big difference.



If you found this list useful, we'd appreciate it if you'd ['like us'](#) on facebook. If you have any suggestions please [let us know](#). Thanks !

Register for some great clipper crew discounts at
www.fierceturtle.co.uk

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For a full explanation of what to expect on your level one training week | [Click Here](#).

KIT KLINIK

There's no real substitute for trying stuff on for yourself!

Throughout 2014 we'll be offering periodic 'KIT KLINIKS', based at Gosport Marina, close to Clipper's Crew Training Centre.

You'll be able to try on a range of sailing boots from the major manufacturers as well as checking out a range of marine sleeping bags, waterproof socks, base layers, sailing knives, multi-tools and other accessories.

Register for your place now and enjoy significant member only discounts on the usual list price.

Directions to Clipper Training

You can reach Gosport by car and Portsmouth by rail. If you take the train to Portsmouth from London you will need to take the passenger ferry from the station across the harbour to Gosport.



[Get directions from Southampton Airport](#)

[Get directions from Portsmouth Rail Station](#)

The Clipper Training Centre
Charles House
Mumby Road
Gosport
Hampshire PO12 1AH
Tel: +44 (0) 2392 601253

By Car

If you have satellite navigation, the postcode is: PO12 1AH

The training centre is close to the centre of Gosport, in The Gosport Premier Marina. The marina is just off Mumby Road and a short walk from the Gosport ferry terminal. The main entrance is adjacent to the Castle Pub and there is an open car park for Clipper Crew. Go straight on at the mini roundabout inside the marina complex and it is on your left.

By Rail

Clipper's Training Centre is located in The Gosport Premier Marina. This is situated on the Gosport side of Portsmouth Harbour.

If you've taken a train to Portsmouth then you'll need to hop on the Gosport Ferry (foot passengers only) to get you to Gosport. The ferry terminal is right next to Portsmouth train station and ferries run about every 15 minutes throughout the day. Buy tickets on the ramp leading to the ferry terminal.

The Gosport Marina is just 100 metres up Mumby Road, from the Ferry Terminal's Taxi Rank, just after the Castle Pub, on your right. The Training Centre is located adjacent to the marina office overlooking the harbour.

www.sailingblog.fierceturtle.co.uk

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