

## Suggested Packing | Level 1

**FIERCE TURTLE** is written *for crew by crew*. The blog's principal author is Mark Burkes. A professional sailor and freelance RYA sailing instructor, Mark was a RTW Crew on the 2011/12 Clipper Race (Clipper 68s) and has previously spent seasons working as a freelance training skipper at Clipper's Gosport Training Base. He was Relief Skipper on Team Garmin (Clipper 70) in the 2013/14 Race where he completed legs 3 and 4 including the Rolex Sydney Hobart. With approximately 160,000 miles logged, he currently works as a professional sailor and instructs at a variety of schools around the Solent. [More info...](#)

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Mark Burkes  
RYA Yachtmaster Ocean Instructor

## FIERCE TURTLE | PACKING LIST SUGGESTIONS

## PRE-USED KIT4SALE

### The Basics for Level 1 Training

- **1 x Kit Bag** (We suggest your bag is no more than 90 litres and should be soft - not a suitcase! You shouldn't be filling a 90L bag! 70 litres is a good size. A bag with rucksack straps makes for easier travelling under foot. Waterproof is good - but certainly not essential. A separate zipped up area for laundry is useful).
- **1 x Washbag** (If it has a hook to hang it up in the showers ashore so much the better).
- **1 x Towel** (A chamois style travel towel makes for a less smelly below decks!).
- **2 x Clothes pegs** (For airing out towel on deck - saves it blowing away).
- **1 x Sleeping Bag** (Again synthetic is best but for L1 Training a warm sleeping bag of any type will be fine. There are specialist marine sleeping bags on the market).
- **1 x Pillow** A synthetic is best. Down will absorb moisture and mould.
- **1 x Woolie Hat / Polartec Beanie / Sealskinz waterproof beanie**
- **1 x Sun Hat** We do have sun in the UK sometimes! When it is sunny, a sun hat is useful. As with skiing, when on the water the sun on water intensifies the effect.
- **1 x Sun Cream x 1 factor 50+**
- **1 x Lip Salve x 1 with UV protection**
- **1 x Sunglasses** if you wear glasses it's worth considering prescription lenses. Also some 'crookies' to keep them on your head!
- **6 x pairs underwear** for training, nothing special. For the race I recommend merino wool. Icebreaker are good. I used 5 x pairs for RTW. A pair a week..! They are quick drying, comfortable, don't 'bunch' when wet (when you get a wet bum on the rail) and they resist odour well. Which is good.
- **6 x pairs of Socks** A medium weight ski sock plus normal cotton socks are fine for training. Merino wool socks and a pair of Sealskinz are useful for the race.
- **6 x T Shirts / Base Layer Tops** For training cotton T Shirts are fine but synthetic fast-wicking shirts (base layers) are essential for the race. Bamboo and icebreaker make good base layers. Henri Lloyd, Musto, Gill and various other brands (including non-sailing brands) will also suffice.
- **2 x pair quick drying Trousers** A pair walking or hiking trousers will work well and if they zip down to shorts all the better.
- **1 x pair shorts in summer**. Again, synthetic material is fast wicking and best.
- **2 x Fleece** (One lightweight and one heavy weight for the winter months and night sailing).
- **1 x Lightweight waterproof jacket** (Your Clipper Lightweight is perfect)
- **1 x Casual Shirt & Trousers** (In case you get to go to the pub..)
- **1 x pair of sailing Boots** (In our opinion, by far the best best boots for cold legs are



Dry Suit, Le Chameau  
Boots & Socks for Sale

July 15, 2016



Henri Lloyd Dry Suit  
(Large) £400 ONO

May 31, 2016



Ocean Sleepwear Bag  
(Black Regular)

May 31, 2016



Gauss Sleeping Bag &  
Pillow £160 ono

May 13, 2016



Henri Lloyd Ocean  
Trousers (XL) £50

March 2, 2016



Ocean Sleepwear  
Sleeping Bag (Regular)

March 2, 2016



New unused Henri Lloyd  
Ocean smock Jacket &  
Trousers (Small) 2015/16  
race 2x mens Rio crew  
jacket (Small) new with  
tags

January 28, 2016



Henri Lloyd Mid Layer  
Salopettes (L)

January 26, 2016

Ocean Sleepwear  
Sleeping Bag & Pillow  
Case

STORE	CREW DISCOUNTS	PRE-USED KIT	CLIPPER CREW ADVICE	KIT REVIEWS	MEMBERS' SERVICES	TESTIMONIALS	FAQS	A
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- **Seasickness medication** / remedy (if you suffer)
- **1 x pair of Deck Shoes** (Trainers are OK for training if you are on a budget but bring spares in case they get wet!)
- **1 x Head Torch with a red lens.** (Especially useful on L2 onwards for night passages).
- **Next of Kin Details**
- **1 x Clipper Training Wet Notes** (Ask the office for them).
- **Make sure Clipper have all your paperwork & you've paid !**

#### Other useful stuff to consider:


- **1 x pair Sailing Gloves** (As a regular sailor, my hands are pretty tough, but some like having a pair of sailing gloves to protect them from calouses, etc. A pair of sailing gloves with chamois/leather palms and fingerless tips is useful for this and still allows rope handling. For cold hands, consider warm, waterproof mittens, although nothing works great in the depths of the Southern Ocean, except, perhaps, rubber frozen meat packers gloves).
- **1 x Sailing Safety Knife** (Handy but not essential L1. We recommend the Gerber EZ Knife - with blunt nose. It's blunt ended but has a very effective and super sharp cutting blade. Lanyard it to your life jacket).
- **1 x Multi tool** (Handy but not essential L1). The Gerber is good value, or the Leatherman Wave is the industry standard.
- **1 x Dry Bag** (5L or 10L dry bag is useful for organising stuff. Use a mini carabiner and clip it to your bunk and use as a place to keep your deck stuff - like knife, headtorch, etc).
- **1 x Snood / Buff / Scarf** (Great for keeping your neck insulated - acts as a gasket and stops water going down your neck!).
- **Ear Plugs** (To combat the snorers!)
- **1 x Note Book and pen** (For making notes at the end of the day).
- **1 x RYA Sailing Logbook & Syllabus**
- **Next of Kin Details**
- **Personal Insurance**



Download PDF


Plinowcase  
January 5, 2016

#### FROM OUR STORE



Sealskinz  
Waterproof  
Sock (Calf  
Length)  
-  
£36.95

VIEW DETAILS



Sealskinz  
Waterproof  
Winter  
Mittens  
-  
£39.95

VIEW DETAILS



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