

# *Le Grand Bleu Charters*

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## **Packing Guidelines**

### **Things you do not need to bring**

- Any kind of towels and/or linens
- Cooking and eating implements/utensils
- Expensive jewelry/watches that are not waterproof
- Work from your office
- Worries

### **Things you should bring**

- A soft, collapsible duffel bag to hold your things
- Clothes to dress in layers (temperatures can vary greatly throughout the day)
- A hat (with a restraining tie of some kind, if possible)
- Bathing suit
- Sunglasses (preferably with a tie)
- Comfortable shoes
- Windbreaker (or similar waterproof coat to block wind and keep you warm and dry)
- Basic toiletries (soap, shampoo, lotion and conditioner provided)
- Sun lotion (SPF 25 or higher)
- A second pair of prescription glasses / contact lenses (if you use them)
- Any prescription medication you may need
- Antihistamine
- Aspirin or equivalent
- Books / magazines
- Your favorite board game (cards, scrabble provided)
- Your favorite music (stereo provided)
- DVDs or Videos (TV, VCR, DVD player provided)
- Camera equipment
- Extra batteries, chargers for your camera, etc...

### **Preventing Sea Sickness**

There are several products that you can try, some of which can cause drowsiness at different levels, depending on the drug. It is proven that they are much more efficient when taken before experiencing any sea sickness, but they aren't that effective in reversing it once started. We've found that Bonine has helped and it doesn't cause as much drowsiness as Dramamine. We also hear that the wrist band is very effective. If you do start feeling sick, it is best to be outside, with fresh air and not in the front of the boat where the motion is greater. Set your sight on the horizon and avoid reading. More generally, any task that involves focusing on some work is a potential sea sickness trigger. Also, alcohol consumption is a direct trigger for seasickness. Potential subjects should avoid drinking the night or the morning before going out on the ocean. A hang over is a guarantee for sickness. The same goes for eating. Avoid heavy food the morning or night before. Coffee or other acidic beverages can trigger it.