**PRE SEA PACKING LIST**

**Documents & Certification**

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| Item |  |
| Passport (valid for at least 6 months) |  |
| Seaman’s Discharge Book |  |
| ENG1 Medical Certificate |  |
| Short Course Certificates |  |
| Training Record Book (TRB) |  |
| Joining instructions / company letters |  |
| Visa documents (if applicable) |  |
| Vaccination certificates (e.g., Yellow Fever) |  |
| Copies of important documents (kept separately from originals) |  |

**Clothing (Non-PPE)**

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| --- | --- |
| Item |  |
| Extra supply of shirts (always a good idea — laundry isn’t always reliable, and spares are useful) |  |
| Casual clothes for evenings |  |
| Trainers / lightweight shoes |  |
| Sports kit (for onboard gym if available) |  |
| Sleepwear |  |
| Warm layers (ships can be cold depending on route) |  |
| Smart clothes for inspections / port calls (e.g. trousers, shirt, tie, black shoes) |  |

**Personal Kit**

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| --- | --- |
| Item |  |
| Towels (quick-dry recommended , however some ships provide them so check) |  |
| Toiletries (shower gel, toothbrush, razor, deodorant, etc.) |  |
| Nail clippers & personal hygiene items |  |
| Laundry bag / detergent pods (if facilities available) |  |
| Bedding (check joining instructions — some ships provide) |  |
| Small rucksack/day bag (Might even get some shore leave!) |  |

**Study & Training**

|  |  |
| --- | --- |
| Item |  |
| Training Record Book (TRB) |  |
| Notebook, pens, pencils, highlighters |  |
| Laptop/tablet with charger |  |
| USB stick / external hard drive (Download as MANY things to watch and listen as possible!!) |  |

**Miscellaneous Essentials**

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| Item |  |
| Torch / headlamp |  |
| Sunglasses & sunscreen |  |
| Reusable water bottle |  |
| Alarm clock / wristwatch (water-resistant recommended) |  |
| First aid basics (plasters, seasickness tablets, painkillers) |  |
| Snacks (long shelf-life comfort food from home) |  |
| Entertainment (books, Kindle, cards, films, music, etc.) |  |
| Travel adaptor (international plug types vary) |  |