



# Atlantic Crossing Preparation Guide

## No Sailing Experience? Even Better.

That's right you don't need any prior sailing experience to join the crew. On this crossing, you'll learn by doing. You'll be guided by experienced sailors who will teach you everything from the basics of trimming sails to steering under the stars.

You'll quickly become part of the rhythm onboard standing watch, hoisting sails, helping navigate, and living like a real sailor.

This isn't a course it's life at sea. And you'll come out the other side with new skills, confidence, and a serious adventure under your belt.

## We've Got You Covered: Support from Ocean Ad-Ventures

Our Ocean Ad-Ventures crew is here to help you prepare for this journey every step of the way.

- Packing lists and gear recommendations
- Insurance and travel documentation
- Medication and seasickness advice
- Travel planning (before and after the crossing)
- Answering every single question, no matter how small

Once you're on board, we'll guide you patiently through all the routines from safety drills to watch schedules and sail handling. You'll never feel lost or left behind.

## Mind & Body: Ready for the Elements

- Get a health check
- Bring seasickness meds
- Basic fitness helps
- Come with an open mind and patience



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## Gear Up: Pack Light, Pack Smart

- Foul-weather jacket & pants
- Layered clothing
- Deck shoes or barefoot sailing shoes
- Sunglasses & sun protection
- Headlamp
- Soft duffel bag

## Paperwork & Personal Logistics

- Valid passport (6+ months)
- Travel insurance with offshore coverage
- Required visas
- Emergency contact details
- All necessary medications
- Waterproof pouch for documents and phone

## Safety Without Stress

- Learn how to use lifejacket and harness
- Understand man-overboard procedures
- Learn fire and emergency protocols
- Practice moving safely on deck

## Life Onboard: Community at Sea

- Be ready to share space and responsibilities
- Sleep in a small bunk
- Take turns on night watches
- Celebrate milestones with your crew



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## Before You Go: Practical Details

- Book flexible flights
- Bring some cash
- Keep your gear minimal one bag
- Reach out to us if you need help

## Final Reflection: Are You Ready?

- Do I crave adventure?
- Am I open to learning and teamwork?
- Can I live simply for a few weeks?

If the answer is yes then the Atlantic is waiting.