

## HIGHLAND VOYAGES

### What to take with you :

Soft luggage	hard suitcases do not fit under the bunks and we have nowhere to store them.
Soft shoes	deck shoes or trainers are great - high heels are very nice but are dangerous and hurt our deck. Wellingtons may be required on the weekend or longer voyages so please take yours just in case.
Warm clothes	It does get cool at sea, even on a nice day and evenings can be cold if you are going outside (the boat is centrally heated and wet clothes can be dried inside). Fleece is great but the choice is yours, casual clothing is the norm. at all times, but you will probably like to change to relax in the evening after a hard days sailing.
Rainwear	Yes it does rain occasionally in the highlands !?, so if you do have some favourite wet weather gear bring it along. We do stock rainwear and t-shirts on board for purchase and local shops are never far away, so if you do forget something please don't worry.
Clothing care	We do have an iron on board and there is a fully equipped laundry at the marina in Inverness (£3.50 per wash/dry). We do not have a washing machine on board (a bucket of warm water, detergent and washing line can be made available on request)
Bedding	Comfortable duvets, pillows and blankets are supplied (freshly laundered for you)
Toiletries	Soap and shampoo are also supplied although it may not be your favourite brand (usually mine). Small hairdryer also available. Towels are supplied.
Evening	On board it is quite warm so cool casual clothes are required unless you go out on deck when a sweater may be needed. Comfort and ease of movement is essential.
Dinner	This is a friendly, informal affair - no dress requirements. A modest wine cellar (cupboard) is stocked with a small range of wines, and also includes beers, spirits and liqueurs - please do not bring your own. The bar is open in the evening once we are tied up or anchored for the night, please remember you are on a boat and alcohol affects your judgement. Drinks bills are settled on departure, a drinks book is kept to keep a record of what you have consumed.
Outings	On weekend or longer voyages you may wish to go ashore (mountain biking, walking, sightseeing or to the local pub) so bring relevant clothes and cash for drinks or souvenirs. Highland and Islands dress code is casual.
Seasickness	If you are prone to seasickness, alcohol is best kept to a minimum. Porridge is an ideal start for a days sailing (brown sugar and fresh cream - yum) and should set you up for the day. Seasickness tablets should be taken 1 hour before sailing, but once you are at sea they are not as effective - we recommend that you take some with you if you think you will suffer from seasickness. Seasickness is only a temporary thing and should last no more than a day (shame if you are only with us for a day sail)  The 'Eala Bhan' is a safe heavy boat with a gentle motion so the probability of feeling sick is very slight, although some of the worlds greatest seafarers felt sick - even Lord Nelson. If it does get rough we will usually alter course to avoid it or go exploring ashore instead. We are as flexible as possible and nothing is set in stone.
Smoking	Due to fire risk and the comfort of other passengers it is not permitted to smoke inside the boat. There is a designated smoking area outside, under cover and all cigarettes/cigars/pipes must be extinguished in the sand bucket provided.

## Mobile phones

Mobile phones may interfere with satellite navigation equipment. If you must use your phone please do so at the rear of the boat. If friends or family need to contact you then the ships mobile can be used (the number is in our brochure), but if possible keep calls to this number till the evening as we may be tacking or berthing and may not be able to answer the phone - in an emergency a message can be left.

## Passenger safety

Do not run on board, keep one hand for the ship, do not climb unless you are in a safety harness and take care when the boat is berthing, negotiating locks or tacking.

Again, if you are going ashore a lifejacket must be worn.

All children are welcome but must be accompanied and supervised by a responsible adult at all times.

You can wear a lifejacket if you wish - they are stored conveniently under saloon seats. Children must be supervised at all times. We have safety netting on the rails around the boat to prevent any passengers falling overboard.

Take care not to put any arms or legs between the boat and pier or locks when berthing - we have fenders for that purpose !!

Ropes should be coiled and stowed off the deck. Instruction will be given to participants but take care not to stand or handle ropes when the sails move, we do not want you to go with them!

Please inform us of any medical conditions that could affect you, especially if you wish to participate in hoisting the sails. Your skipper is fully trained in first aid, sea survival and fire fighting and a full first aid kit is carried onboard. A full safety briefing will be given before departure on lifejackets and emergency procedures.

The boat is fully equipped to Department of Transport safety codes with lifejackets, life rafts, satellite beacons, radios, alarms and fire extinguishers. We recommend that you organise your own insurance for your trip, as our insurance does not cover any injury, damage or loss incurred by you. Although every effort has been made to ensure your safety whilst onboard with us, you are responsible for your own safety at all times. A full safety briefing will be given on boarding

We take all practical steps to ensure you have an enjoyable and safe voyage with us.