



Flagship Niagara Sailing Program

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Packing Guidelines for Students in the FNL/ Niagara Sailing Program

Weather Expectations:

Lower Lakes (southern 2/3 of Lake Michigan and Lake Huron, and all of Lake Erie, Lake St. Clair, and Lake Ontario):

Spring (May through mid-June): Temps from 55 to 80°F, can get as low as 45°F at night.

Summer (mid-June through early September): 70 to 95°F, can get as low as 55°F at night.

Fall (mid-September through mid-October): 55 to 80°F, can get as low as 45°F at night.

Upper Lakes (Lake Superior and northern 1/3 of Lake Michigan and Lake Huron):

Summer (mid-June through early September): 45-75°F when 5 miles or more from the shores of the lake, it can get as low as 40°F at night. 75-95°F in port, and can get as low as 70°F at night in port. On Lake Superior water temperature is much colder than the other lakes- 38°F to 50°F, and thus, it is warmer up aloft, away from the surface of the water, but cold on deck.

- ♦ Space aboard is limited. EVERYTHING you bring, with the exception of foul weather gear, must fit in your seabag.
- ♦ Pack in crushable luggage such as a duffel bag or backpack. Do not bring roll-aboard or hard suitcases.
- ♦ In northern latitudes (Upper Lakes) temperatures will range from very cold to pretty warm. In the lower lakes, it can be anywhere from chilly to sweltering.
- ♦ The key to clothing on the ship is layering. Clothes that can be worn over or under other layers will serve you well.
- ♦ For outer layers, synthetic fibers such as polar fleece, polyesters and nylons that dry quickly are better than heavy cotton.
- ♦ The clothes you bring should be comfortable and easy to move in.
- ♦ The clothes you bring to sea will be put to hard use and are subject to the same rugged life aboard a working vessel you will be. In other words, things might get torn, stained, etc. You might think of this as an opportunity to take some of your oldest T-shirts out for one last fling (and maybe not bring them back).
- ♦ You will be provided with a hammock. A limited number of blankets are available onboard. You'll need to bring a sleeping bag and one flat twin-size sheet. A small inflatable camping pillow is recommended. In mid summer, folks often end up sleeping on top of everything to stay cooler.
- ♦ Don't count on doing laundry more than every two weeks. Limited laundry may be done in a bucket on deck using lake water, but laundry may only hang out to dry on deck during daylight hours, so laundry underway can be challenging. Pack what you need for two weeks, but limit the amount to what fits in a 18" by 48" duffel bag.

- ◆ Think hard about what you really need.
- ◆ You will change your clothes much less frequently than you do on land. A pair of shorts might last 7 days at on ship (no kidding). Change your underwear and socks daily.
- ◆ If you wear prescription glasses, bring a second pair. If you wear contact lenses, bring your glasses as well and don't forget saline and cleaning solution.
- ◆ DO NOT BRING SCUBA gear, food, or liquor.
- ◆ You may bring a laptop to the ship for academic use, at your own risk. Be advised however that the ship is a harsh environment for sensitive electronics.

Optional: Marlinespike, writing material, reading material, camera, small daypack for port stops, musical instruments, ziplock bags (waterproof packaging), insect repellent, thumb drive or blank CD to copy digital pictures or personal files from the ship's computers.

Use this packing list to guide your decisions. It has been compiled based on the suggestions and experience of many who have sailed before you. If your cruise track crosses 30°N latitude (northbound or southbound, either ocean), you will need to pack for time in both cool and warm climates (consult lists for both "Lower Lakes" and "Southern Lakes" trips). If you have questions regarding what to bring, be sure to ask at that time.

REQUIRED for all Cruise Tracks

Waterproof foul weather gear	Jacket with hood, pants. Optional: boots. If you will be in the upper lakes or if you suffer from cold feet, boots are recommended.
Light Jacket	1 windbreaker or polar fleece shell
Wrist watch	1 digital
Towel	1 light and quick drying (leave the giant thick luxury bath towel at home
Sleeping bag and sheet	1 cold weather bag, 1 flat twin size sheet
Sunblock and lip balm	SPF 30 or greater for both
Sunglasses 2 pair	Must have UV protection. Polarized is better, but not essential. Must have a lanyard/tether (Croakies, etc.)
Hat	Broad-rimmed for sun protection
Toilet Kit	Toothpaste, toothbrush, razor, shampoo, hair brush, soap, etc... No hair dryers.
Flashlight	One small flashlight (red lens cap preferred)
Sheath knife or pocket knife	Straight blade sheath knife is best (not more than 5" long. The ship's store has knives and sheath kits available for sale (\$20 for both altogether).
Water Bottle	Stainless steel is best
Notebook/ pens/ pencils	
Passport	

You Should Bring	Lower Lakes	Upper Lakes
Underwear	15 pairs – they’re compact & nice to have	15 pairs
Socks	6-8 pairs – fewer if you wear sandals, more if you wear sneakers.	8-10 pairs: 4-5 pairs wool/ Polypropylene, and 4-5 pairs cotton.
Shoes: non-skid/rubber-soled	2 pairs – one pair of Keens or similar variety with heel strap and reasonable coverage over the toes (no flip flops), and one pair of sneakers.	Same as for Lower Lakes
Shorts	4-6 pairs, quick-dry or cotton is fine	2 pairs, quick-dry or cotton is fine
T-shirts	8-12 (1-2 long sleeved) quick-dry or cotton is fine	8-10 (2-4 long sleeved), quick-dry or cotton is fine
Pants	1-2 pairs. At least one pair of lightweight canvas or synthetic blends is recommended	3 pairs. Carharts are the pants of choice for the crew. At least one pair of wool or synthetic blends is recommended.
Swimsuit	1	1
Sweater/ Fleece	1 wool or polar fleece – no cotton	1 wool or polar fleece – no cotton
Hat	2 – one wool/fleece (warm) hat and 1 broad-brimmed hat/cap	2 – one wool/fleece (warm) hat and 1 broad-brimmed hat/cap
Long underwear	Not necessary	2 pairs
Gloves/Mittens	Not necessary	1 pair
Clean “Going Out” clothes, kept in zip lock bag during trip	1 pant/skirt, 1 shirt/blouse	1 pant/skirt, 1 shirt/blouse

For questions, please contact Julie Wagner, Sailing Program Coordinator at (814) 823-3744, x222