# Sea phase packing list

For Deck, Marine Engineering and ETO cadets

Use your college or company joining instructions as your final checklist.

Confirm what is provided before buying uniform, equipment or PPE.

## Documents & training

- [ ] Passport and any required visas
- [ ] Medical and short-course certificates required for joining
- [ ] Seaman’s Discharge Book as required
- [ ] Training Record Book
- [ ] Company joining instructions and emergency contacts
- [ ] Copies of important documents stored separately

## Clothing & personal kit

- [ ] Company uniform as instructed
- [ ] Casual clothing and spare shirts
- [ ] Warm layers appropriate to the route
- [ ] Sleepwear and comfortable footwear
- [ ] Toiletries and personal hygiene supplies
- [ ] Towels and bedding only if required by joining instructions

## Study & downtime

- [ ] Notebook and stationery
- [ ] Laptop or tablet with charger
- [ ] Downloaded study material
- [ ] Offline books, music or films
- [ ] Headphones

## Practical extras

- [ ] Suitable travel adaptor
- [ ] Reusable water bottle
- [ ] Small day bag
- [ ] Sunglasses and sunscreen
- [ ] Torch or headlamp if recommended
- [ ] Any personal supplies you need for your time away

## My extra items