



## General Information

### Insurance:

You are advised to bring with you your European Health insurance card, as this is needed in Gibraltar and Spain for medical treatment. You may wish to consider purchasing medical insurance as the European Health Insurance card is not acceptable in Morocco if this is an intended destination within your charter. In addition we would suggest that you take out travel insurance.

### Money:

In Gibraltar the pound is on par with the GBP. UK coins and notes can be used. (Try not to take Gibraltar notes back to the UK as shops will not accept them and banks may charge to exchange them.)

You will also be visiting Spain and possibly Morocco. You will need Euros in Spain and Dirhams in Morocco. Ceuta is a Spanish enclave on the African Continent. Euros are the accepted here.

### Medication:

You are asked to bring with you your own preferred remedies for seasickness, sun protection, headaches, general aches and pains etc. Please remember to bring any prescription medicines that you take.

In addition to seasickness tablets, ginger, and pressure point wristbands have been found to be helpful to some people.

### Meals:

Breakfast and Lunch are provided on board every day of your charter unless alternative arrangements are made. If you have identified any special dietary needs on the enrolment form then these will be catered for. Evening meals can be provided at extra cost or guests are welcome to use the facilities on board to prepare evening meals.

Tomboy Sailing is pleased to recommend local restaurants in the areas we visit during your charter.

## Music:

Please feel free to bring with you your favourite CD's or IPOD's. There is a speaker system throughout the boat and on deck.

## Power:

We have a 12v system around the boat when cruising and a 240v system throughout when moored up in marinas.

## Check List of What to Bring:

Towel	Ear Plugs (if a light sleeper)
Swimming kit	Personal seasickness remedies
Wash kit and toiletries	Smart casual clothes for evenings out
Shorts	Favourite CD's
T shirts	Camera
Long sleeve sailing top	Fleece/ warm jumper for night sails
Quick drying trousers	Socks
Wide brimmed hat	Underwear
Soft (non marking) shoes	Sailing gloves
Street shoes	Don't forget to bring extra gloves/ warm hat if you get cold easily (especially between October and March)
Sun Screen (we recommend factor 30+)	
Sunglasses	

We look forward to welcoming you on board Tomboy and hope that the above information will be helpful to you with your planning.