PRACTICAL SAILING GUIDE

Seasickness preparation and support

A short companion to the full guide by Piotr Jurkowski. Adapt it to your yacht, sailing area, season and crew.

Voyage / yacht / dates	

- ☐ Tell the skipper about previous motion sickness and relevant health needs.
- ☐ Rest before departure; avoid alcohol and prepare familiar, light food.
- ☐ Discuss suitable prevention with a doctor or pharmacist before travelling.
- ☐ Check medicine timing, side effects and interactions; tell the skipper about sedation.
- ☐ Keep water and personal essentials accessible.
- ☐ Report early symptoms; stop reading or looking at screens if they worsen symptoms.
- ☐ Find a safe place with a horizon view, or a secure berth if rest helps.
- ☐ Keep wearing agreed safety equipment and accept help moving around.
- ☐ Monitor fluid intake, vomiting and signs of dehydration.
- ☐ Seek help for severe, unusual or persistent symptoms; urgent help for confusion or collapse.

Seek urgent help for confusion, collapse, breathing difficulty or difficulty waking someone. Repeated vomiting, inability to keep fluids down, unusual or persistent symptoms need medical advice. Discuss medicines with a doctor or pharmacist.

Plan your sailing trip or training
Scan for the English website, services and contact details.
Ask about your sailing area, crew needs and dates.

This checklist supports preparation. It does not replace the full article, a yacht-specific safety briefing or the skipper's judgement.