

SUGGESTED PROVISIONING

HOUSE KEEPING

Surface Cleaner/Disinfectant
Paper Towels
Wet wipes
Toilet Paper
100 L Garbage Bags
30 L Garbage Bags
Sponges
Aluminum Foil
Charcoal and Lighter Fluid
Dish Soap
Zip lock bags
Matches
Extra Hand Towels

BREAKFAST

Tea
Coffee
Sugar
Fresh Bread
Yogurt
Milk
Eggs (more than you think)
Butter
Pancake Mix
Syrup
Bacon
Cereal
Juices
Jams/Marmalades

HEALTH (many from home)

Arnica (for bumps and bruises)
Benadryl (for allergic reactions)
Neosporin (for cuts)
Nux Vomica (homeopathic for
dysentery)
Sunscreen
Insect Repellent
Body Soap (for each cabin)
Air freshener for heads
Pain Relief
[Motion Eaze \(Seasickness\)](#)

STAPLES

Drinking Water (use big bottles to save
on plastic waste)
Salt and Pepper
Cooking Spices
Garlic
Ginger (for ginger tea for seasickness)
Soy Sauce
Ketchup
Mayonnaise
Mustard
Creamer
Vinegar
Olive Oil
Salad Dressing
Tuna
Pasta
Rice
Tortellini
Potatoes
Wasabi for fresh fish caught or bought
Cookies

ASSORTMENT

Fresh Fruit Assortment
Vegetables
Limes
Assorted Cheeses
Assorted Crackers
Assortment Cookies
Assortment of chips and nuts
Olives / Pickles

ON BOARD

Check for wine opener
Check cooler has sealed plug
Ice
Coffee maker/filters as needed