



Quiet Day Useful Information

What to bring with you

- layers of clothing for maximum comfort on board
- warm outdoor and wet weather clothing for walks
- hat, scarf and gloves
- walking boots or sturdy shoes
- wellies
- hiking poles (if used)
- indoor shoes for the ship
- any medication (eg inhaler, epipen, insulin) that might be required

You might also want to consider bringing the following:

- binoculars for bird watching
- camera
- art materials
- journal

Mobile Phones

We appreciate that you may need to bring a mobile phone, but respectfully request that it be put on silent mode and that calls are taken or made offsite, unless they are urgent.