

HEALTHCARE ON BOARD

SEASICKNESS

Being aboard a ship is different than being on land. The ship will always be moving, which can be an adjustment for a lot of people. A sailing vessel is more stable in the water than a motor vessel, but still some people can become sea sick. If you fear that you might be susceptible to seasickness bring some anti-seasickness pills like Primatour or Cinerazine. Most will get used to the motion of the ship after one day. To prevent sea sickness, it is important to come on board well rested and not drink a lot of caffeine or alcohol before you come on board. Although there is something to see every second of your voyage, it is important to stay well rested on board. Take the time between your watches to get enough sleep!

MEDICAL IN REMOTE AREAS

When undertaking a voyage to the Antarctic or an ocean crossing you are sometimes several days of sailing away from the inhabited world and extended medical care. There are crew members on board with medical training and we have an emergency cabinet with a number of medicines and wound dressings for emergency first aid. In severe cases, the captain will contact the radio medical service for advice.

VACCINATIONS

EUROPA travels all over the world, so please check the required vaccinations for the countries you will visit on your voyage. This is your own responsibility. Please be advised that having certain vaccinations might be required before you are granted access to enter from customs in some countries. For sailing on board EUROPA it is a recommendation to be fully vaccinated against COVID.

WHAT TO BRING

If you use regular medication, please bring enough medication for your entire voyage, and a bit more just in case. If you are susceptible for example to cold sores or cystitis or have taken prednison at times for severe asthma, please bring on board this medication as well. Although we have basic medication in stock for emergencies, we cannot arrange additional medication whilst at sea. Please also bring a personal supply of paracetamol, band-aids and other basic medication.

MEDICAL STATUS

If your medical status has changed since you have filled in your booking form, please inform us as soon as possible.

MEDICAL EVACUATION

We further advise you to arrange insurance that will cover medical evacuation from the ship. This is, if available, very expensive and having a medical / travel insurance that will reimburse you for these costs is important.

HEALTH AND FITNESS

Our voyages on board Bark EUROPA are real sailing adventures. We will encounter various weather conditions and some can be very challenging. Fierce winds and rough seas can be expected on some of our voyages and will make Bark EUROPA heel, roll and pitch. Her decks can be awash with sea water and your movement on board can be challenging and restricted at times. A good overall health is therefore essential to enjoy life on board and get the most out of your trip. Feeling strong, fit and comfortable on board will help you to ensure a safe and more enjoyable voyage for everyone.

Bark EUROPA makes every effort to ensure the safety of every person that sails with us. We are very careful with whom we take on board, to ensure everyone's safety and prevent unnecessary risks that can be caused by insufficient physical or mental health. We ask you to take responsibility for your own safety and that of others by asking yourself if you feel fit and healthy enough for such a voyage.

FITNESS

Good fitness and physical strength in your entire body and especially in your arms and legs will help to enjoy your time on board even more. As part of the voyage crew, we ask you to fully participate with sail handling, play an active part in your watch, standing on lookout, at the helm and lending a helping hand whenever necessary.

Being healthy and fit is even more important to be able to get yourself out of difficult situations in terms of safety, using your own physical strength. We therefore ask our sailors to prepare themselves physically for their adventures, by keeping the following activities as their goal:

- Make sure you can pull yourself up the rope ladder to go in- and out of a zodiac.
- Make sure you can pull yourself up and through the escape hatch (60cm x 52cm).
- Make sure you can balance on a rolling and pitching ship, having enough strength in your legs.
- Make sure you can move up and down the stairs and climb in- and out of your bunk on a moving ship.
- Make sure you can balance on one leg while making a large step to be able to board the zodiac.

When you train for this, start with exercising regularly (a minimum of): 2 push-ups, 1 pull up, 5 deep squads and walking one mile within 15 minutes.

Make sure you get 150 minutes of moderate exercise (walking or cycling) or 75 minutes of vigorous exercise (running, sports, swimming) each week. Carve out time for strength training two days a week, lifting weights or doing body-weight workouts. Eat a diet rich in whole foods (fruits, vegetables and whole grains) and skip processed foods that contain little nutritional value. Discuss diet and exercise plans with your doctor or perhaps even consider asking a dietitian or personal trainer to help you to be strong and fit before the trip of a lifetime. We promise: it will all be worth it!

