

**It's Yoga**

**It's Sailing**

**It's Adventure**

**It's Your Time**

**Yoga & Sailing Retreat**

A unique experience unlike none other. For the week, you will be living in the Bahamas aboard "Ciganka", a 78 ft. sailing ship, with your own private yoga instructor, chef, and Captain on board!

**For all the details**

**[www.SailingAdventures.org](http://www.SailingAdventures.org)**

## **[www.SailingAdventures.org](http://www.SailingAdventures.org)**

We look forward to having you aboard our sailing ship "Ciganka" for your Yoga & Sailing Retreat in the beautiful paradise of the Abacos, Bahamas! There is a wealth of information about us, our ship, our charters, and lots of great photos and videos of past charters on our website.

Please go through each item and on this Check List and complete it. When you have checked off each item you are ready to go!

This is the link on the website <http://www.sailingadventures.org/get-ready-yoga-crew/> that has all the needed information and forms.

If you have a question about something, please feel free to email us at [goodnews@usa.net](mailto:goodnews@usa.net). We also have a phone that has a US Skype number 919-647-4247. You will probably get our answering service, but you can leave a message and we will get back to you as soon as we can. Email correspondence is faster for us!

We look forward to welcoming you aboard "Ciganka" soon!

**Captain Thomas & Linda**

**This Check List will make getting ready for your vacation with us simple and easy! Check each section.**

### **Final Payment**

Final payment due 60 days prior to your charter date.

Make check payable to: The Sailing Ship Charter Co.

Mail to: Wells Fargo Bank

1792 Live Oak St.

Beaufort, NC 28516

Attn: Caroline Castro-The Sailing Ship Charter Co.

### ***IMPORTANT!* US PASSPORT NEEDED**

**Everyone must have a passport!** The US requires a passport to enter the United States and the Bahamas require a passport to enter their country. If you do not have an updated passport please get this done now so you have it in time for your trip.

There is a \$35 per person departure tax you will pay at the airport when you are leaving the Bahamas. Must be paid in cash. Sometimes this is included in your airline ticket. Check with the airline.

### **Emergency Contact Information**

**Emergency Contact Information:** We do have Bahamas cell phone number but in some of the places we sail it doesn't work. Our cell phone number is 1-242-475-3800. We also have a Skype number which is (919) 647-4247. It is a Raleigh, NC number. You can leave a message. Or email us at [goodnews@usa.net](mailto:goodnews@usa.net)

Order your Crew T-shirts <http://www.sailingadventures.org/crew-shirts/>

All of the forms are on <http://www.sailingadventures.org/get-ready-yoga-crew/>

## Medical & Liability Forms

Each person must print off these two forms, fill them out completely, have them signed, and bring them with them.

**Health & Medical Form**

**Liability Form**

## Flight Information

It is important to fill out the "Food & Flight" form on the website and email it to us at [goodnews@usa.net](mailto:goodnews@usa.net) 1 month prior to your charter. This way we can note your arrival time and have information on your flight and how to contact you in case of flight delays (image that?)

## Food

It is important to fill out the "Food & Flight" form on the website and email it to us at [goodnews@usa.net](mailto:goodnews@usa.net) 1 month prior to your charter.

All meals will be provided for you, except one evening meal out which you are on your own. We believe delicious food is an important part of your experience. Your private chef, Linda, looks forward to making you fresh, delicious, and healthy (most of the time). Our evening meals are Ahi Tuna steaks, grilled Mahi Mahi, NY strip steak, lobster, and some kind of chicken dish depending on the mood of the chef. A fresh dessert will finish these outstanding meals.

## Packing List

Print out the Packing List, check off each item., and you will have everything you need for the week on board.

Do not bring hard luggage because we don't have any room to store hard luggage. Please pack your items in a duffel bag or small soft suitcase. Pack light! This is a very casual ship and 90% of the time you will be in your bathing suit or shorts and T-shirts enjoying the out islands of the Bahamas. You may want to bring one set of "going out" clothes for a night out in town. But again, the island is very casual.

## Soda and Liquor Purchases

Beverages such as coffee, tea, orange juice, variety of juices, lemonade and Gatorade will be provided for you. We do not provide sodas and alcohol. You will be able to buy what you need prior to boarding the ship.

## Taxi Fare from and to the airport

You are responsible for your taxi fare which can be paid in US dollars. It will cost \$18 or less depending on how many people you have in your taxi. The taxi ride only takes about 10 to 15 minutes.

Please carry this page with you while traveling to the Bahamas.  
It has information that you will need.

IF your flight is delayed an hour or more please call us at 1-919-647-4247. It is important for us to keep informed of your travel status. You might get our voice mail. If so, please leave a message and a contact number. (The phone number is a US number that rings to us in the Bahamas. It will not cost you anything to call this number on your cell phone.)

At the Marsh Harbour airport, please give this to your taxi driver:

Dear Taxi Driver:

This is our charter group.

Please call "Captain Thomas" on VHF channel 74 so we can will instruct you where to bring our group.

We usually have you bring them to Bristol's Liquor Store so they can buy what they need for the week. Please wait for them and then we will have you bring them to Rainbow Rentals. But this may change so please call us on the radio to verify.

Please call "Captain Thomas" on channel 74 from  
the airport