



Good Sails Preference / Provisioning List

Thank you for choosing Good sails for your sailing vacations this year!
We are very excited having you and your family and/or friends on board!

If you wish for us to do the shopping and provisioning for your sailing trip, please fill in the below list with the food and non – food requirements

Please take into consideration that, even though Good sails owns very comfortable and well equipped catamarans, on a boat there are always limitations in relation with how much storage and refrigeration space is available so it is very important to be as efficient as possible in the provisioning.

1. Basic Information

Boat Name:
Charter dates:
Contact for charter party:
Email address:
Telephone:

2. Travel details

Date of arrival
Time of arrival:
Flight or Boat No:

Date of departure
Time of departure:
Flight or Boat No:

| | | |
|---|-----|----|
| Would you like to arrange for a transfer? | Yes | No |
| Are you staying prior to your sailing trip to Mykonos? | Yes | No |
| Are you planning to stay after your sailing trip to Mykonos? | Yes | No |
| Would you like to assist you in accommodation booking in Mykonos? | Yes | No |

3. Party Information

| | Surname | Name | Date of Birth | Address | Citizenship | Passport # |
|----|---------|------|---------------|---------|-------------|------------|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |
| 7 | | | | | | |
| 8 | | | | | | |
| 9 | | | | | | |
| 10 | | | | | | |

4. Cabin Allocation

| | | |
|--------------------------|--|--|
| Cabin 1 double /twin bed | | |
| Cabin 2 double /twin bed | | |
| Cabin 3 double /twin bed | | |
| Cabin 4 double /twin bed | | |

5. Sailing Experience

Your sailing experience:

| | |
|----------------------------------|--|
| Yes, we are experienced sailors | |
| Yes, we have sailed a bit before | |
| No, never been on a yacht before | |

Is there any of the charter group that doesn't know how to swim?

6.Itineraries

Please state any preferred cruising areas and ports or anchorages you would like to visit. If you plan to rendezvous with another yacht or friends in a specific port, please confirm where and when. **Please bear in mind that this is only indicative and the final itinerary will be developed, pending on weather conditions and discussion with the skipper at the welcome briefing, the day of arrival.**

7.Interests /Preferred Activities

Please indicate your interests and activities you like during your sailing trip:

| | | | |
|-------------------------------------|---|---|---|
| Sailing | Swimming (neoprene swimsuits upon request) | Stand Up Paddle (equipment rental upon request-you can order in special requirements section) | Snorkelling (equipment rental upon request-you can order in special requirements section) |
| Surfing | Kite Surfing (equipment upon arrival) | Fishing (equipment rental upon request-you can order in special requirements section) | |
| Beaching | Sunning | Anchorage | |
| Touring/Sightseeing /Heritage sites | Wine tasting | Docking at Marinas | Dining Ashore |

8. Food & Meals

a. Allergies

| | |
|-------------------|---------------------------------|
| Name of passenger | Allergy or dietary requirements |
| | |
| | |
| | |

b. Breakfast

Light

Moderate

Hearty

Please choose what you prefer for your breakfast:

| | | Quant. | | Quant. | | Quant. | | Quant. | Other (pls indicate) | Quant. |
|----------------------------|--------------------|--------|---------------------|--------|------------------|--------|-----------------|--------|----------------------|--------|
| Milk | Full fat | | Low fat 1,5% | | Lactose free | | Soy milk | | | |
| Coffee | espresso | | filter | | Greek | | Nescafe instant | | | |
| Tea | Breakfast | | Green | | | | | | | |
| Fresh juice | | | | | | | | | | |
| Cocoa | | | | | | | | | | |
| Cereals | Corn | | Rice | | Oatmeal | | Muesli | | | |
| Bread | Sliced White | | Sliced Wholegrain | | Local | | Rusks | | | |
| Yogurt | Greek | | With fruits | | Low fat | | | | | |
| Eggs (pack of 6) | | | | | | | | | | |
| Marmalade | Strawberry | | Apricot | | Red fruits | | Orange | | | |
| | Honey | | Butter | | Margarine | | Tahini | | | |
| | | | | | | | | | | |
| Yogurt | Greek yogurt | | With fruits | | Low fat | | | | | |
| Cheese | White | | Yellow | | Low fat | | Local | | | |
| Pastry | Croissants (choco) | | Croissants (French) | | | | | | | |
| Cured meat products | Sliced Ham | | Bacon | | Sausage | | Sliced turkey | | | |

Other :

| |
|--|
| |
|--|

c. Day time snacks

| | | | | | Quant. |
|----------|--|--|--|--|--------|
| Chips | | | | | |
| Nuts | | | | | |
| Dips | | | | | |
| Crackers | | | | | |
| Cookies | | | | | |
| Pies | | | | | |

Fruits

| | | | | | |
|--------------|--------|-------------|----------|----------------|--------------|
| Oranges | Apples | Pears | Apricots | Nectarines | Cherries |
| Strawberries | Melons | Watermelons | bannanas | Grapes (green) | Grapes (red) |
| Figs | | | | | |

Vegetables

| | | | | | | | | | | | |
|----------|--|-----------|--|---------|--|---------------|--|---------------|--|-----------|--|
| Tomatoes | | Potatoes | | Onions | | Spring Onions | | Carrots | | Cucumbers | |
| Zucchini | | Eggplants | | Lettuce | | Cabbage | | Green Peppers | | Lemons | |
| Garlic | | Avocado | | | | | | | | | |

Cheese

| | | | | | | | | | | | |
|--------|--|-------|--|-------------|--|------|--|----------|--|-----------------|--|
| Gryere | | Gouda | | Danish Blue | | Feta | | Parmezan | | Local /Myconian | |
| | | | | | | | | | | | |
| | | | | | | | | | | | |

Dips

| | | | | | | | | | | | |
|----------|--|---------|--|------------|--|--|--|--|--|--|--|
| Tzatziki | | Houmous | | Sour Cream | | | | | | | |
|----------|--|---------|--|------------|--|--|--|--|--|--|--|

Basic

| | | | | | | | | | | | |
|---------|--|---------|--|-----------|--|---------|--|-----------|--|-------------|--|
| Salt | | Pepper | | Oregano | | Paprika | | Olive oil | | Cooking oil | |
| Ketchup | | Mustard | | BBQ sause | | Vinegar | | Sugar | | Flour | |

Other Canned products

| | | | | | | | | | | | |
|-----------------|--|--------------|--|--------|--|---------------|--|-----------------|--|------------------|--|
| Peeled Tomatoes | | Peas | | Corn | | Tuna in water | | Sardines in oil | | Anchovies in oil | |
| Greek olives | | Black olives | | Capers | | | | | | | |

d. Main meal

Mail meal

Light Moderate Hearty

Please what you prefer for meal:

| Food | Special Likes | Dislikes | Quant. |
|--------------|---------------|----------|--------|
| Beef | | | |
| Chicken | | | |
| Pork | | | |
| Lamp | | | |
| Veal | | | |
| Burgers | | | |
| Fresh Fish | | | |
| Seafood | | | |
| Pasta | | | |
| Risotto | | | |
| Salads | | | |
| Vegetarian | | | |
| Local dishes | | | |
| Other | | | |
| Other | | | |

Desserts

| | Like | Quant. |
|-------------------------|------|--------|
| Ice-cream | | |
| Chocolate based dessert | | |
| Fruit based dessert | | |
| Local dessert | | |
| Light /low fat dessert | | |

e. Wines, spirits and beverages

Please state where relevant specific brands and quantities required.

Beer

| Brand | Quant. |
|-------|--------|
| | |
| | |

White wine

| Chateau/label | Price range per bottle | Year | Quant. |
|---------------|------------------------|------|--------|
| | | | |
| | | | |

Rose wine

| Chateau/label | Price range per bottle | Year | Quant. |
|---------------|------------------------|------|--------|
| | | | |
| | | | |

Red wine

| Chateau/label | Price range per bottle | Year | Quant. |
|---------------|------------------------|------|--------|
| | | | |
| | | | |

Champagne

| Brand | Brut | Rose | Year | Quant. |
|-------|------|------|------|--------|
| | | | | |
| | | | | |

Other:

Spirits

| | Brand | Quant. |
|---------|-------|--------|
| Brandy | | |
| Whisky | | |
| Gin | | |
| Vodka | | |
| cognacs | | |
| Tequila | | |
| rum | | |
| ouzo | | |

Other:

Juices

| | Quant. |
|-------------|--------|
| Orange | |
| Grapefruit | |
| With carrot | |
| Pineapple | |
| Cranberry | |
| Tomato | |
| Other | |
| Other | |

Beverages

| | Brand | Quant. |
|---------------------------------|-------|--------|
| Still mineral water 330ml/1,5lt | | |
| Sparkling mineral water | | |
| Coke | | |

| | | |
|-------------|--|--|
| Zero coke | | |
| Lemonade | | |
| Orangeade | | |
| Iced tea | | |
| Tonic water | | |
| Soda water | | |
| Red bull | | |
| Other | | |
| Other | | |

Non -food

| | | |
|----------------------|--|-------|
| | | Quant |
| Soap /liquid soap | | |
| Dish /washing soap | | |
| Toilet paper | | |
| Kitchen paper | | |
| Paper napkins | | |
| Plastic garbage bags | | |
| Sponges wetex | | |
| Aluminum foil | | |
| Plastic wrap | | |
| Mosquito | | |
| Other | | |

9.Special Occasions (i.e. birthdays, anniversaries, honeymoon etc.)

While on-board we would like to know if there are any special occasions that you would like to celebrate, for example birthdays, anniversaries or holidays.

| The occasion | Date & Specifics for your request |
|--------------|-----------------------------------|
| | |
| | |

10. Special requirements

- 1) WI-FI: 120 euros
- 2) Beach towels: 15 euros per person
- 3) Snorkelling Equipment: 15 euros per person at all sizes (please provide sizes)

| | | | |
|--------------|--|-------|--|
| 32-25 (kids) | | 40-41 | |
| 36-37 | | 42-43 | |
| 38-39 | | 44-45 | |
| | | 46-47 | |
- 4) 1 SUP at 150 euros , 2 SUPs at 250 euros.
- 5) Fishing equipment: 150 euros
- 6) Seabob F5: 700 euros per week
- 7) Seabob F5s: 900 euros per week
- 8) Luxury pack (WIFI, beach towels, 2 SUPs, snorkelling, seabob F5) :1,200 euros

11. Other

Please advise on any additional information you would like the crew to have additionally with any special requests or note

Enjoy your preparations for your forthcoming sailing trip!
Good Sails Team