

SEASICKNESS

We will be sailing in the sheltered waters within the reef and therefore seasickness should not be an issue. However it would be remiss not to cover it here.

PRIOR TO SAILING

If you are worried or susceptible to seasickness the following may prevent or reduce any seasickness.

Four to five days before sailing:

- Avoid caffeine, alcohol and fatty foods
- Increase your water intake to 2 to 3 litres per day.
- Take 2-3 grams of Vitamin C per day

Day before sailing:

If prone to seasickness take your seasickness medication 24 hours before sailing and continue to take following the medications instructions.

Two hours before boarding Pilgrim:

If you are just worried then take medication approx 2 hours before sailing. This should be plenty of time to let it kick in. Bear in mind that medication can make you drowsy so consider only taking a half dose initially.

WHICH MEDICATION TO TAKE?

Herbal/natural:

Travacalm make a natural ginger seasickness tablet. Ginger is reputed to have anti-seasickness qualities.

Pressure bands. We have a pair of these on board if you wish to try them.

Medication:

Kwells and Travacalm are your basic non-prescription drugs. It comes down to personal preference which you choose.



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OTC Medication

Stugeron (cinnarizine) 15 & 75 mg tablets are unavailable in Australia but can be bought over the counter in the UK and some other countries. Sturgeon has consistently proven to be one of the most effective anti-seasick medications causing less drowsiness than other antihistamines.

Stemetil (prochlorperazine) 5, 10 or 25 mg suppositories (not oral) have proven to be the most effective prescription anti-nausea and anti-anxiety medication that importantly does not cause drowsiness. As anxiety can cause nausea and since Stemetil treats both it is an important drug to carry aboard. Suppositories are far more effective than tablets once vomiting has started.

CAUTION: With any drug there can be side effects. Ask your doctor and pharmacist and research each drug.

We recommend you test your chosen medication ashore well before departure to check for side effects.

ONCE UNDERWAY

- Whether or not you feel any symptoms of seasickness, it is essential to maintain a steady fluid intake of one litre every few hours ensuring a total of 2-3 litres per day.

FEELING QUEASY?

- If seasick symptoms appear (mild headache, queasiness, sweating, drowsiness) it's important to treat them ASAP.
- Start taking or maintain medications and review whether additional or different medications are required.
- Add Berocca or gastrolyte or similar to your drink bottle. The electrolyte replacement helps your cells absorb fluid more quickly and completely.
- Eat small amounts of food on a regular basis.
- Take the helm and steer the boat, focusing on the horizon.
- Or lying down prevents histamine from reaching the brain, decreasing nausea.
- If you do think you're going to be sick please try and do it over the side (and not downstairs).



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