



Milos VIP Services

CREATING MEMORIES

# Sailing Guide

Dear customer,

While our passengers usually do not experience seasickness, many of our guest's number one fear before cruising is becoming seasick on a sailing yacht. Seasickness is the reaction of your body's inner ear balance system to the unfamiliar motion of the ship. The ship's movement can cause stress on your balance system which leaves you sick to your stomach. Luckily there are several OTC (over the counter) motion sickness prevention pills available to the market and if you are well prepared seasickness is something you shouldn't worry about at all!

## How to avoid seasickness on a sailing yacht

- Get fresh air
- Fresh air, a breeze and lack of enclosed spaces, can help out a lot with seasickness. Lay down, close your eyes and listen to some music on the deck. You want to get your mind off being sick and let the music calm you down. Since anxiety contributes to seasickness, you are more likely to get sick if you board your cruise expecting to feel sick. Plan ahead to reduce your stress, boarding your cruise confident and optimistic!
- Keep the horizon in sight
- You want to continually glance at the horizon, keeping it in sight, but not staring at it. As your body adjusts to the new movements, use the horizon as your point of reference. For most people facing forward on the boat vs. to the side helps manage their seasickness
- If you can't look at the horizon, keep your eyes closed. This will reduce the conflicting signals between your eyes and inner ear
- Don't use binoculars, cameras or read for an extensive length of time
- Avoid staring at things that your brain would usually consider stable, this will only make your symptoms worse.
- Manage your diet
- Bring your own medicine
- Talk to your doctor before your cruise and come prepared with medicine they recommend to help you manage your seasickness



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## What happens if you do get seasick?

- Don't be embarrassed and do not stress your self, you aren't the first and you won't be the last!
- If you feel the urge to get sick, find the closest trash can or ask a crew member where to go. Don't try to hold it in, it will only prolong the inevitable

## General Notes

- Confirmation will be received at time of booking
- Not wheelchair accessible
- Upon reservation passport details of each participant (full name, passport number, nationality and date of birth) are required for passenger list before embarkation date
- Cases of pregnancy, mobility and health issues must be advised before reservation and are subject to reconfirmation so to assure a safe participation of the passenger on cruise
- In case of special diets (allergies – vegan) please let us know during your reservation process
- It is highly recommended to schedule your cruise date at the beginning of your stay in Milos, especially for short stay vacation planners, in order to have alternative available dates in case of cancellations due to the bad weather conditions
- Make sure that you bring your swimsuit, hat and sunscreen
- Infants must sit on laps
- Number of guests may vary according to the yacht allocated and to the current weather conditions.
- Travelers should have a moderate physical fitness level
- The cruises we offer requires good weather. If it's canceled due to poor weather conditions, you'll be offered a voucher with priority for a different date or a full refund
- The semi-private cruise requires a minimum number of travelers. If it's canceled because the minimum isn't met, you'll be offered an alternative date or a full refund

## Cancellation Policy

- For a full refund, cancel at least 24 hours in advance of the start date of the experience