

## Checklist Food – a recommendation

With this checklist, we want to ease your preparation.

All products and food are available at the spot. We recommend buying all fresh products in smaller quantities, as they are available in every port or marina. Larger quantities are only required if you anchor several days in secluded bays.

Food	
<b>Basics</b>	
<input type="checkbox"/> Cereals	<input type="checkbox"/> Rice, Eggs, Noodles
<b>Pastries / Meat / Ham / Sausage</b>	
<input type="checkbox"/> Bread	<input type="checkbox"/> Soft and hard cheese
<input type="checkbox"/> Hard cured sausage	<input type="checkbox"/> Butter
<input type="checkbox"/> Sausage	<input type="checkbox"/> Cream cheese
<input type="checkbox"/> Cheese ( <i>specialities buy at the marina</i> )	<input type="checkbox"/> Honey, Nutella, Jam,...
<b>Spices</b>	
<input type="checkbox"/> Souper cube	<input type="checkbox"/> Salt / Pepper / Sugar
<input type="checkbox"/> Oil / Vinegar	<input type="checkbox"/> Curry / Paprika extract / Caraway
<input type="checkbox"/> Ketchup / Mustard / Mayonnaise	<input type="checkbox"/> Oregano / Marjoram / Rosemary / Basil / Coriander/
<b>Milk products</b>	
<input type="checkbox"/> Butter	<input type="checkbox"/> Coffee cream / Milk (with a long-life durability)
<input type="checkbox"/> Yogurt / Quark / Sour cream / Cream	
<b>Conserves</b>	
<input type="checkbox"/> Beans / Peas / Corn / Champignons / Green beam	<input type="checkbox"/> Fish in cans
<input type="checkbox"/> Pickled cucumber / Chilli papers / Olivary	<input type="checkbox"/> Sieved tomatoes / Sugo
<b>Drinks</b>	
<b>Without alcohol</b>	
<input type="checkbox"/> Still water, Water with gas	<input type="checkbox"/> Fruit juices
<input type="checkbox"/> Lemonades	<input type="checkbox"/> Energy drinks
<b>Hot drinks</b>	
<input type="checkbox"/> Coffee powder	<input type="checkbox"/> Cacao powder / Tea
<b>Drinks with alcohol</b>	
<input type="checkbox"/> Beer, Wine, Radler	<input type="checkbox"/> Liquor
<input type="checkbox"/> Sparkling wine	<input type="checkbox"/> Maneuvers sip
<b>Fruits and Vegetables</b>	
<b>Fruits</b>	
<input type="checkbox"/> Pineapple / Mango / Melon / Avocado / Kiwi	<input type="checkbox"/> Orange / Mandarin
<input type="checkbox"/> Grapefruit / Lemon / Limes	<input type="checkbox"/> Apples / Pears / Strawberry / Cherries / Banana
<b>Vegetables</b>	
<input type="checkbox"/> Ginger ( <i>helps against sea illness</i> )	<input type="checkbox"/> Carrots / Cucumber / Paprika / Tomato
<input type="checkbox"/> Potato	<input type="checkbox"/> Zucchini / Eggplant
<input type="checkbox"/> Garlic / Onions	<input type="checkbox"/> Salads and different types of cabbage
<b>Sweet and Salty</b>	
<b>Sweet</b>	
<input type="checkbox"/> Chocolate / Cake/ Biscuits	<input type="checkbox"/> Chewing gum, Haribo
<b>Salty</b>	
<input type="checkbox"/> Chips / Soletti / Flips	<input type="checkbox"/> Nuts
<b>Non-food &amp; Household articles</b>	
<input type="checkbox"/> Toilet papers* / kitchen roll / Napkin / Tissue	<input type="checkbox"/> Coffee filter
<input type="checkbox"/> Washing up liquid*	<input type="checkbox"/> Airtight bag, Cling films
<input type="checkbox"/> Dishtowels* / sponge wipes* / scouring sponges*	<input type="checkbox"/> Lighter
<input type="checkbox"/> WC odour	<input type="checkbox"/> Yarn
<input type="checkbox"/> Bin bags	

\*these products are as a basic equipment on board.

Holiday means relaxation and not stick to a diet, enjoy also food here!  
 The whole Team of Atoll Comfort Sailing wishes a pleasant stay and a well-earned holiday!