

SEA Sickness

How to avoid it

When our customers suffer from seasickness it is no laughing matter, it is hell for them, and generally it is hard for us to help, so we thought we would give some advice on how to avoid it.

- **First of all, no alcohol for 24 hours before the trip, or if you are particularly vulnerable to seasickness then 48 hours before.**
- **The night before, take a seasickness tablet, and one in the morning when you wake up. They all seem to work equally as well.**
- **When you wake up on the day, drink a glass of ginger beer or some drink with ginger in it.**
- **Wear wrist bands that put pressure on the pressure points inside your wrists.**
- **When on the boat and if you feel unwell, keep out of the cabin and toilet. Make sure you have fresh air and keep looking at the horizon and keep warm.**
- **Also, don't worry about sea conditions, we never leave the marina without knowing forecasted conditions, and we keep a constant check for any changes throughout the trip.**

Two of our customers who were always sick, tried the above and have not been sick on Aquavitesse since. *Good Luck.*