

Seasickness Memo

It is best to avoid the open water and find someone else in your department to take your place if you are prone to seasickness. If this is not a possibility, please read on for helpful information:

- Start the trip well hydrated, and avoid any alcohol the night before.
- Should you become sea sick unexpectedly, it may help to focus on the horizon, eat dry crackers or suck on hard candy.
- Over-the-counter medication, Gravol, is an effective remedy, but must be taken one to two hours before departure and can cause drowsiness, therefore limiting the usage of machinery.
- A Transderm Scop Patch is another widely used medicinal treatment that must be placed behind the ear at least four hours before embarking; side effects include blurred vision and dry mouth.
- Ginger capsules are available in health food stores, and have been reported by some to prevent seasickness.
- Travel Bands can be purchased at most pharmacies, and are to be placed on each wrist prior to departure.

Note: Crosby Marine is not responsible for any ill effects that result from taking seasickness remedies, medicinal or alternative.