

NAORA

Health,
Physical
Readiness



Everything you need to know before joining
NAORA your private sailing community aboard
the world's most beautiful waters.

YOUR COMFORT. OUR PRIORITY. 

And
Travel
Preparation



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WELCOME ABOARD

Why We Ask These Questions

Before you set sail with NAORA, we take a few moments to understand your health, your needs, and your travel documentation. Not because we're worried but because we care deeply about getting every detail right for you.



Your Comfort

We prepare the experience around you your needs, your pace, your wellbeing.



Our Preparation

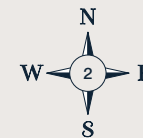
Knowing a little in advance allows us to set up everything properly before you board.



Travel Formalities

Passports and documentation are handled smoothly so you can focus on the journey.

 Everything shared with NAORA is handled with complete discretion and full respect for your privacy. This is standard practice — and entirely in your interest.



Your Experience Comes First

From the moment you step aboard, NAORA is designed to let you fully exhale. Our team handles the complexity so you never have to think about it.

Fully Relax

Our goal is simple — that you feel completely at ease from the moment you arrive. Every detail is thought through in advance.

We Prepare Everything

Meals, safety, documentation, medical awareness — we take care of the groundwork so the journey feels effortless.

We Adapt for You

No two members are the same. We listen, adjust, and tailor the experience to fit your needs — not the other way around.



A Human Approach to Health

We understand that health is personal. At NAORA, we never make assumptions, we simply ask so that we can serve you better. Being unwell, managing a condition, or taking daily medication is **never a barrier** to joining us.



Our General Health Philosophy

- Having a health condition or taking medication is not a problem
- Most situations can be comfortably accommodated onboard
- We simply need to be informed in advance so we can prepare
- Our crew is trained to respond with care and calm
- You are never alone in managing your wellbeing at sea

Open communication is the foundation of a great experience. The more we know, the better we serve you.



The Health Questionnaire

We'll ask you to complete a brief, straightforward health form before your voyage. It's designed to be simple, respectful, and non-intrusive the kind of information you'd share with a trusted travel companion.

General Health

A brief overview of your current health status and any ongoing conditions we should be aware of.

Medication

A list of any regular medications you take, so we can ensure the right environment and storage onboard.

Allergies

Food, environmental, or medical allergies so we can make every meal and every moment safe.

Specific Needs

Anything else that helps us understand how to best support your comfort and safety during the voyage.



Medication Guidelines

If you take regular medication, a little preparation goes a long way. Here's how to make sure everything goes smoothly from the moment you board.

Bring Enough for Your Full Stay

Always pack medication to cover your entire voyage, plus a buffer of a few extra days. Access to pharmacies can be limited at sea or in remote regions.

Keep It in Original Packaging

Original packaging helps customs and port authorities identify your medication easily avoiding any unnecessary delays at immigration.

Let Us Know If Anything Requires Attention

If your medication requires refrigeration, careful handling, or specific timing, let us know in advance. We'll make sure everything is ready.



ONBOARD DINING

Allergies & Dietary Needs

Food is a central part of the NAORA experience fresh, thoughtfully prepared, and enjoyed together. We want every meal to feel wonderful for every member aboard. Share your dietary preferences and needs in advance, and our team will adapt the menu accordingly. No request is too specific.

Food Allergies

Nuts, shellfish, gluten, dairy we take all allergies seriously.

Intolerances

Lactose, gluten, and other sensitivities are easy to accommodate with advance notice.

Preferences

Vegetarian, vegan, halal, kosher, or simply a preference we respect them all.



NAORA

PHYSICAL READINESS

Feeling Comfortable & Confident Onboard



NAORA is not an adventure sport — it's a refined sailing lifestyle. That said, life on a beautiful 80-foot catamaran does call for a basic level of physical ease and comfort. We want to make sure every member feels confident from the moment they step aboard.

NAORA does not require athletic performance. We simply ask that you feel comfortable moving around a vessel at sea and we'll guide you through everything else.



PHYSICAL READINESS

What We Expect

Our expectations are straightforward and designed to ensure your own comfort and safety not to test you in any way.



Moving Around the Vessel

Comfortable walking on a gently moving deck, navigating companionways, and moving between cabins with ease.



Basic Mobility

General physical ease in daily movement sitting, standing, climbing a short ladder at a comfortable pace.



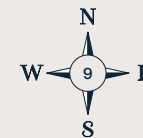
Boarding & Disembarking

Able to step on and off the vessel independently, including from a tender in calm conditions.



Swimming (Recommended)

Basic swimming ability is recommended, particularly for snorkeling and water activities in calm anchorages.



EVERY JOURNEY IS DIFFERENT

Different Experiences, Different Needs

One of NAORA's great strengths is the variety of experiences we offer. Physical demands vary by destination and itinerary so we match the journey to the member.



Relaxed Stays at Anchor

Minimal physical effort. Perfect for those who want to unwind, swim in calm waters, and enjoy the scenery from the deck.



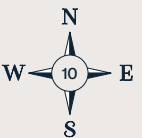
Coastal Exploration

Light activity — gentle walks ashore, local markets, snorkeling in shallow coves. A pleasant level of engagement with the destination.



Ocean Crossings

More time at sea, with some movement of the vessel. Greater awareness and comfort with being on the water is helpful for these passages.



If You're Unsure About Your Level

That's perfectly fine and exactly why we have a conversation before you join. We guide every member based on their individual experience, comfort level, and chosen itinerary.

- Your personal experience and fitness level
- The specific voyage you've selected
- Any preferences or limitations you've shared with us

Our Approach

We never push anyone beyond their comfort zone. Our role is to inform, guide, and match you to the right experience — so you arrive feeling prepared and leave feeling proud.

01. We Adapt Where Possible

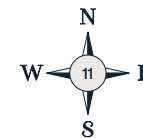
Itineraries and activities can be adjusted based on your needs.

02. We Inform You Clearly

You'll always know what to expect before you board.

03. We Match You to the Right Experience

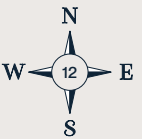
Different voyages suit different people — we help you find yours.



NAORA

NAORA Is Not About Performance It's about *feeling* at ease.

Whether you're an experienced sailor or stepping aboard a yacht for the very first time, NAORA is designed to meet you where you are. The ocean is vast but your experience of it should feel calm, personal, and entirely your own.



MEDICAL PREPARATION

A Section Worth Reading, Preparing Medically for Your Voyage

Depending on where NAORA takes you from the Mediterranean to Southeast Asia, the Caribbean to the Seychelles certain health precautions may be recommended or required. This section gives you a clear, practical overview.



① Health recommendations vary depending on your destination, personal health history, and travel background. Always consult your doctor or a travel clinic before departure. The guidance here is informational only.



General Travel Vaccinations

Regardless of your destination, certain vaccinations form the baseline of responsible international travel. Most of these are routine and may already be part of your medical history.

i Confirm your vaccination history with your GP or a travel health clinic well ahead of departure some vaccines require multiple doses over several weeks.

Tetanus

Recommended to be up to date for all international travelers.

Hepatitis A

Recommended widely for travel to tropical and developing regions.

Hepatitis B

Strongly advised for longer voyages and remote regions.

Diphtheria

Often combined with tetanus in standard booster shots.

Polio

Recommended for travel to certain regions; confirm your booster status.



REGION BY REGION

Destination-Specific Health Considerations

NAORA travels across some of the world's most extraordinary regions. Each destination carries its own health landscape. Here's a practical overview by area.

Region	Key Recommendations	Notes
Mediterranean & Atlantic	No special vaccinations required	Routine vaccines sufficient; standard precautions apply
Caribbean	Hepatitis A recommended; mosquito awareness	Dengue risk — use repellent, cover up at dusk
Pacific & French Polynesia	Basic vaccinations sufficient	Sun protection and hydration are essential
Southeast Asia	Hepatitis A & B, Typhoid, mosquito protection	Possible malaria precautions depending on sub-region
Maldives & Seychelles	Low risk; Hepatitis A recommended	Excellent health infrastructure; standard care applies
Africa (selected regions)	Hepatitis A & B, Typhoid, Yellow Fever (some areas)	Malaria precautions required; consult travel clinic early



ACROSS ALL DESTINATIONS

Mosquito and Climate Precautions

Regardless of your destination, a few simple habits make a significant difference to your comfort and health at sea. These apply across all NAORA voyages and cost very little effort.



Use Repellent

Apply a quality insect repellent — particularly at dawn and dusk in tropical regions.

Dress Lightly but Wisely

Light, breathable clothing that covers arms and legs in the evenings provides natural protection.

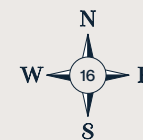
Stay Hydrated

Sailing in warm climates increases your hydration needs drink water consistently throughout the day.

Sun Protection

High SPF sunscreen, a hat, and UV sunglasses are essential companions on deck.

NAORA



COMFORT & SAFETY

Sea Comfort on NAORA

One of the most common questions we hear from new members: "Will I get seasick?" It's a fair question and the honest answer is reassuring.

A Naturally Stable Platform

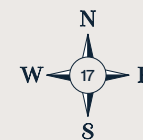
The Lagoon Eighty 2 is an 80-foot catamaran — one of the most stable sailing vessels in the world. Its wide beam and dual hulls dramatically reduce rolling motion compared to monohull yachts.

Most People Adapt Quickly

The majority of our members find their sea legs within the first day or two often sooner. The gentle rhythm of the vessel at anchor or on a calm passage is surprisingly soothing.

Guidance Is Always Available

If you're prone to motion sensitivity, let us know. We carry seasickness remedies onboard and can advise on positioning, timing, and practical strategies to help you feel comfortable.



YOU ARE IN SAFE HANDS

Safety Onboard NAORA

NAORA travels across some of the world's most extraordinary regions. Each destination carries its own health landscape. Here's a practical overview by area.

Our Crew Is Always Ready

Every voyage is led by a professional, experienced crew trained in maritime safety, first aid, and emergency response. Safety is never an afterthought it is built into everything we do.



Professional Crew

Experienced sailors and hospitality professionals, certified and trained.



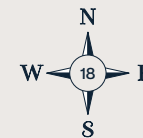
Safety Protocols

Clear onboard safety briefings, life-saving equipment, and emergency procedures in place at all times.



Trained for Emergencies

Crew are trained in first aid and can coordinate with coast guard and medical services when needed.



PRIVACY & DISCRETION

Your information stays yours.

We understand that sharing health and personal information requires trust. At NAORA, that trust is sacred. Every detail you provide is treated with the highest level of confidentiality.



Information Is Confidential

Your health details, medical history, and personal documents are never shared unnecessarily or stored beyond operational need.

Shared Only When Necessary

Relevant information may be used by the crew to serve you better — and only in contexts where it directly supports your safety or wellbeing.

Handled With Care

All personal data is handled in accordance with applicable privacy standards. You're welcome to ask us how your data is used at any time.

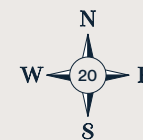


TRAVEL DOCUMENTATION

Travel Documentation



Smooth entry into ports, anchorages, and island nations requires accurate documentation. We manage this process on your behalf all we need is a little information from you in advance.





NAORA

WHAT WE NEED FROM YOU

Passport Requirements

A copy of your passport is required before boarding. This is used for port clearance, immigration processing, and legal compliance across international waters. It's a simple step that prevents complications down the line.

- **Valid for Your Full Stay**
Your passport must be valid for the entire duration of your voyage, with no exceptions.
- **6 Months Validity Recommended**
Many countries require at least 6 months of remaining validity beyond your departure date. We strongly recommend confirming this before joining.
- **Clear, Readable Copy**
A high-quality scan or photo of the biographical data page well-lit, fully visible, with no blurring.



TIMING & PROCESS

When & How to Share Your Information

**01.****Before Boarding**

All documentation and health forms are required before your arrival date not on the day of departure.

**02.****Within the Requested Timeframe**

We'll provide a clear deadline when we send your onboarding documents. Meeting this window ensures everything clears smoothly.

**03.****Via a Secure Method**

Documents are shared through a secure email link, upload portal, or form with clear instructions provided at each step.

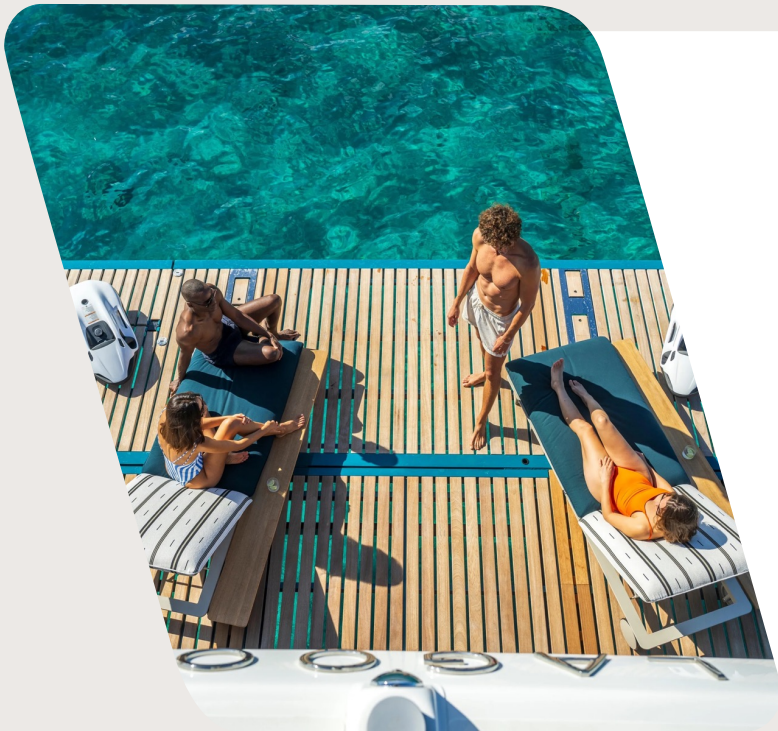
i You'll never be left wondering what to do next. We send step-by-step instructions along with each request, and our team is always available to assist.



BEFORE YOU JOIN

Your Pre-Departure Checklist

Use this checklist to make sure everything is in order before you set sail. If anything is unclear, our team is ready to help.



- ✓ **Passport Submitted:** Valid, clear copy provided via secure channel
- ✓ **Health Form Completed:** General health, medications, and allergies declared
- ✓ **Medication Packed:** Sufficient supply for full voyage, in original packaging
- ✓ **Vaccinations Reviewed:** Consulted your doctor or travel clinic for destination-specific advice
- ✓ **Dietary Needs Communicated:** Preferences, intolerances, and allergies shared with NAORA team
- ✓ **Physical Readiness Confirmed:** You feel comfortable with the voyage level selected
- ✓ **Emergency Contacts Provided:** For crew reference in the unlikely event of need



THE OPPORTUNITY

We Prepare. You Enjoy.

Once you've completed the steps above, your job is done and ours truly begins. Every detail has been considered, every preference noted, every form filed. You arrive as a guest. You sail as family.

01.

You Inform Us

A few simple details - health, documents, preferences shared once, before departure.

02.

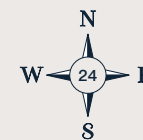
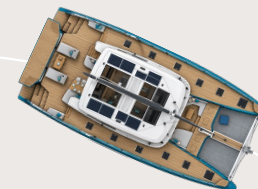
We Prepare

Your information guides our preparation meals, safety, documentation, and onboard comfort.

03.

You Enjoy

Step aboard and let the world's most beautiful waters do the rest.



A NOTE TO KEEP IN MIND

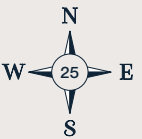
Important Health Disclaimer

Health recommendations may vary depending on your personal situation, medical history, and travel background. The information provided in this guide is for general orientation only. Always consult your doctor or a travel clinic before departure — ideally six to eight weeks in advance to allow adequate preparation time.



NAORA is not a medical authority. We share general guidance to help you prepare but your own healthcare provider knows your situation best and should always be your *first point of contact* for medical decisions related to travel.

① This guide does not replace professional medical advice. Please consult a qualified healthcare professional before your voyage, particularly if you have existing health conditions or are traveling to regions with specific health requirements.



ALWAYS HERE FOR YOU

Reach Out Anytime

Questions? We're Here.

No question is too small. Whether it's about your health form, your passport, your medication, or simply how life onboard works our team is available and happy to help.

We'd rather you ask than arrive uncertain. That's what we're here for.



Email Us

. Reach our team directly with any questions about your preparation steps.



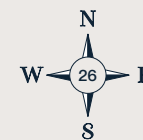
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e're available by phone or messaging for more personal



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ments can be submitted through our secure member instructions provided.



NAORA

You're Ready.



You've read the guide, you know what's ahead,
and the rest is in our hands. The ocean is waiting
and so are we. We look forward to welcoming
you aboard and sharing something truly
extraordinary with you.

Welcome to NAORA.

→ SAFE. PREPARED. UNDERSTOOD. READY.