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SUFFERING FROM SEASICKNESS? FIND OUT HOW TO PREVENT IT HERE!

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Quite a few people do not know whether they will get seasick or not. We would therefore like to share with you the following tips to significantly reduce the risk of getting seasick.

Before boarding the boat

Get enough sleep beforehand (this is probably the most important tip to avoid seasickness)

Do not eat extremely fatty food the day before and do not forget to have breakfast in the morning. Never board the boat on an empty stomach. Biscuits or small snacks during the boat trip are recommended.

Drink no or not too much alcohol the day before the trip, and drink plenty of water during the trip. Preferably avoid coffee in the morning.

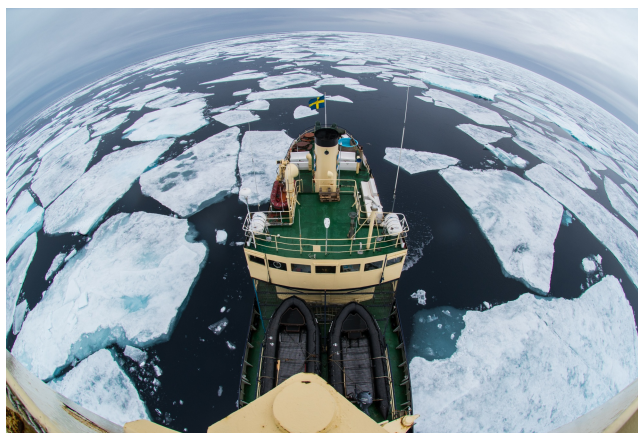
Try to relax. Do not think unnecessarily (a lot) about seasickness, as this will often work the effect.

What do you do on the boat against seasickness?

Take a seat at the back or in the middle of the ship.

Do not read on the boat, look into the distance with the naked eye. Avoid looking through binoculars.

Feel sea sickness coming on? Close your eyes and rest (if possible lie flat and sleep in a stable place on the boat). Dress warm enough so that you definitely do not cool down.



Our ship ploughs effortlessly through the Arctic Ocean.

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What medication helps against seasickness?



meclozine = Agyrax and Postafene, without prescription.

dimenhydrinate = R calm dimenhydrinate, without prescription.

promethazine = Phenergan. Strongest drug of the three. This is also phototoxic (ie : do not use in sunny areas !!!). Also definitely not to be combined with alcohol. Anyone wishing to use Phenergan should take it beforehand.

scopolamine = prescription only, available as a patch.

ginger extract

Did you know that many STARLING guides also suffer from seasickness? Either way – despite the legendary hours of “dying on the boat” – they continue to travel and enjoy fantastic nature trips.

Have fun travelling!



