

Information for Doctors: Voyages with Statsraad Lehmkuhl 2026/2027





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This information is intended for doctors who will issue medical certificates for persons over 70 years of age who wish to participate in voyages with Statsraad Lehmkuhl.

The purpose is to provide an impression of the ship and the conditions participants will encounter on board.

For safety reasons, the Statsraad Lehmkuhl Foundation requires participants to have the physical and mental ability to actively take part in work duties and daily life on board, without posing a safety risk to themselves or others.

There will be either a ship's doctor or a nurse on board, and the ship has a small hospital equipped according to international standards, including bunks and toilet/shower facilities.

However, the possibilities for advanced medical treatment are limited.

Please note that it may take time to reach the nearest hospital or receive external medical assistance during the voyage.



General Information

Statsraad Lehmkuhl is Norway's largest sailing ship and has a professional crew of approximately 30 crew members during voyages. We offer voyages for the public in Norway and abroad, with up to 130 participants on board. No prior knowledge or sailing experience is required to participate.

A voyage with Statsraad Lehmkuhl is an active type of holiday where the voyage crew (participants) live closely together and receive training in traditional seamanship and sailing. This is not a cruise. The voyage crew forms part of the ship's crew and actively contributes to the operation and sailing of the ship.

The voyage crew is divided into three watch teams and stands four-hour watches twice per day. This means participants are on watch for a total of eight hours per day, both day and night. Duties on board may include hauling ropes, steering the ship, fire watch, lookout and buoy watch, cleaning decks, and participating in sail manoeuvres. Participation in the watch system is mandatory and cannot be opted out of.

The voyage crew sleeps side by side in hammocks in shared sleeping quarters (banjers). We do not offer cabins. Participants must be able to get in and out of the hammock independently, also in rough seas. Some participants may be assigned a hammock above a bench or table for easier access, but this cannot be guaranteed.

Sleeping conditions on board are simple, and some participants may experience reduced sleep quality or sleep deprivation during the voyage.

Entering the rigging is not a mandatory activity. It is voluntary to enter the rigging, but all participants must be able to take part in sail handling from the deck, including hauling ropes together with the rest of the watch team.

Three nutritious buffet meals are served daily. We adapt meals for allergies and intolerances such as coeliac disease and lactose intolerance. However, persons with severe, potentially life-threatening food allergies cannot participate in voyages



Specific Requirements

For safety reasons, participants must be able to:

- move safely around the ship in rough seas and maintain balance and hold on while the ship is moving
- get in and out of the hammock independently
- climb up and down steep ladders (stairs) independently
- step over high door thresholds of approximately 45 cm
- actively participate in duties on board, including hauling ropes, standing lookout, and steering the ship
- tolerate interrupted sleep, physical activity, and changing weather conditions during the voyage
- board and disembark via gangways with varying inclines

These requirements also apply during demanding weather conditions and rough seas, when there may be significant movement of the ship and an increased risk of falls and accidents.

For safety reasons, participants must in an emergency situation be able to get quickly out of the hammock and up on deck independently.

Examples of Activities on Board



Standing buoy watch



Mend the helm

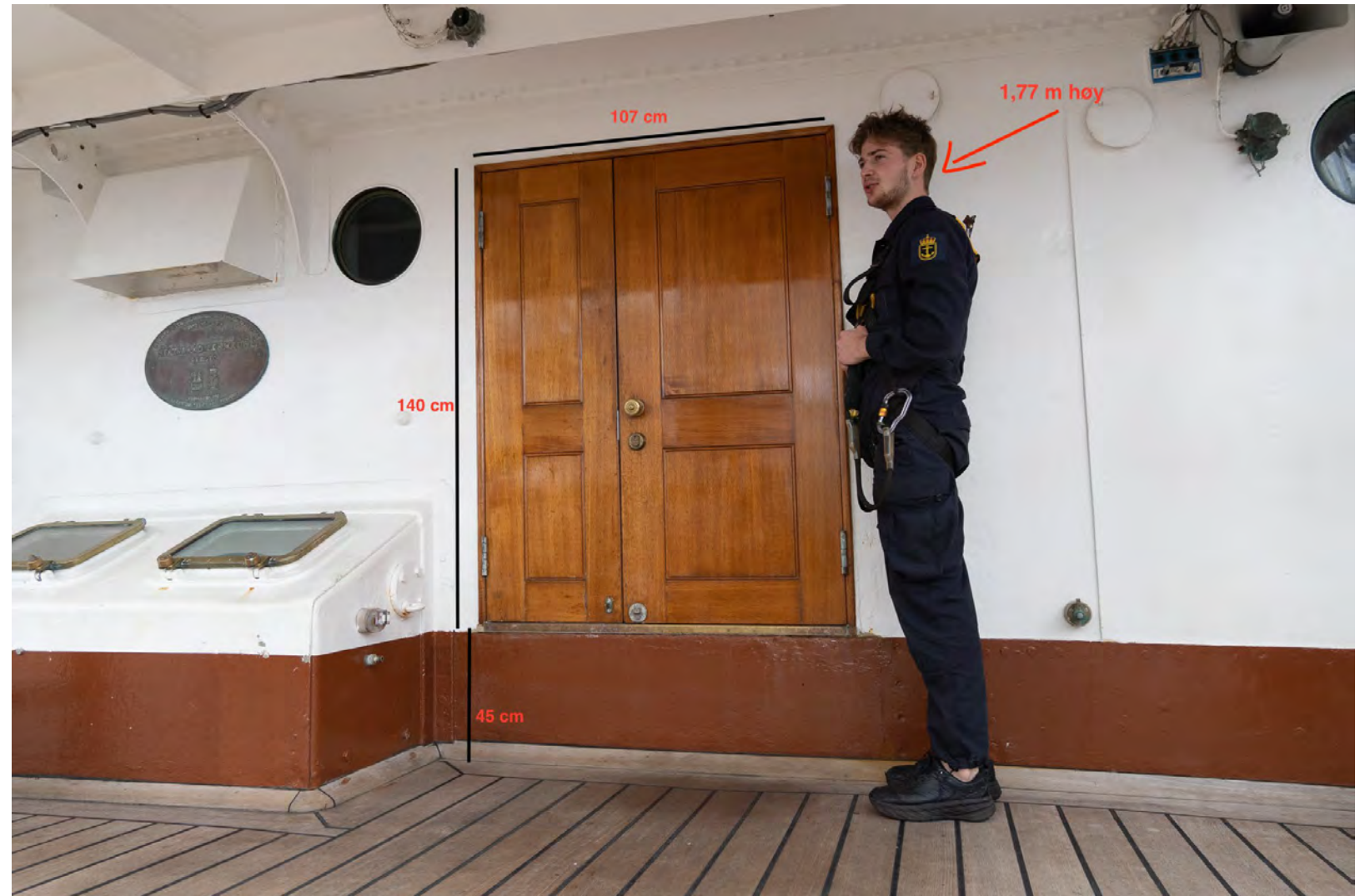


Hauling ropes



Entering the rigging

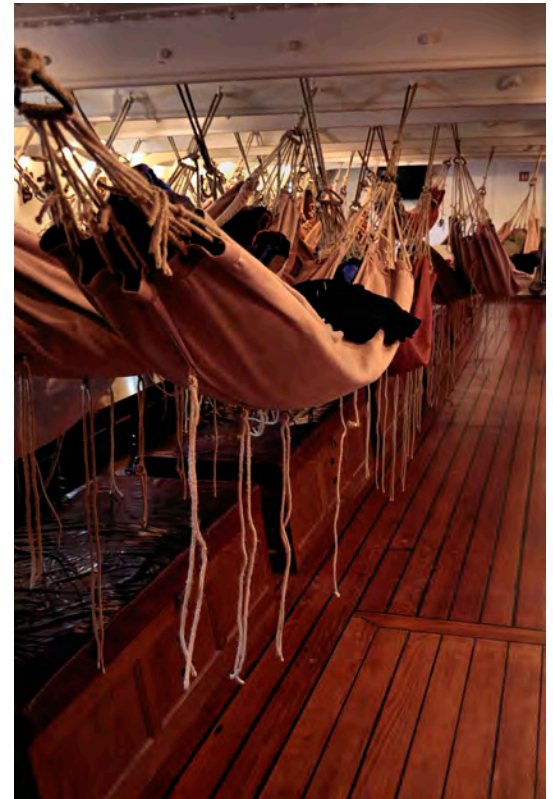
Door threshold: 45 cm



Hammocks



[Video: How to get into the hammock \(Facebook\)](#)



Ladders



Gangway

Varying incline depending on tide levels



[Read more about life on board on the Statsraad Lehmkuhl website.](#)