



PRACTICAL GUIDANCE FOR SEAFARERS:

A guide for those affected by conflict in the Middle East

During long periods of uncertainty, focusing on what you can do day-to-day can make conditions on board safer, calmer and more manageable for everyone. Here's some guidance on how you can manage essential resources and support each other while vessels remain stranded in the Middle East:

Understanding the situation

- Ships and crew have been stranded in the Persian Gulf, Gulf of Oman or Strait of Hormuz since February 2026
- Supplies such as fuel, fresh water and food may be running low
- There is uncertainty about when normal operations will resume

Focus on what you can control

Use fuel and lubricants wisely

- Monitoring fuel use carefully – avoid unnecessary consumption
- Minimise steam wastage to save fuel and fresh water
- Use machinery lubricants and diesel sparingly if resupply is unlikely



Protect your fresh water supply

- Reduce non-essential water use
- Consider showering less often if supplies become low
- Wash only necessary clothing items
- Work together as a crew to use water fairly



Make food supplies last

- Plan simple meals that stretch supplies
- Support the galley team by reducing menu variety
- Prepare only what's needed to avoid waste
- Use cold storage well to keep food safe for longer



Use personal essentials mindfully

- Take stock of essential personal items like toiletries and medicines
- Use supplies sparingly to help them last longer
- Let a senior officer know early if you are running low on anything essential



Looking after yourself and each other

- Check in with each other regularly
- Small acts of kindness or humour can lift morale
- Contact your company's shore team when guidance is needed
- Make sure your family has contact details for company representatives



You don't have to manage this alone. ISWAN's helplines are available 24/7 to provide emotional support whenever you or a fellow crew member might need it.

Visit iswan.org.uk/get-support to talk to someone confidentially.

