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Important links...

Docking & anchoring, knots you should know—Review these pages and make sure you understand this stuff. Physical link is: <http://www.lets gocruising.com/resource/ownman/docking.htm>

A personal check list for you, your crew and boat

For Chesapeake, or islands.

Here are some thoughts from our staff to get you started. (Especially for Tropic areas, but applicable to most areas in warm weather.)

Stuff the boat normally has you don't need to worry about.

- All cooking and eating implements/utensils
- Barbecue grill--you will need to get charcoal and lighter at the market (in the Islands--no problem)
- Full snorkel gear (Caribbean)
- Full linens for berths and towels, etc. Ask if on the Chesapeake
- Basic first aid kit on board--nothing fancy.
- Flashlights, basic tools
- Ice/water/fuel to start. You may need to supplement Ice and water along the way. There is electric refrigeration, but normally you will not be able to make ice (cubes).
- Ice pick/Cork screw, sharp knives etc.
- Deck (portable) ice chest (Deposit req. at some bases)
- Binoculars,
- Local area paper charts, Cruise guide, Nav. Equipment--normally incl. GPS/Chart plotter generally-- but ask if in doubt and it's important.
- Dockside A/C, some 5 star boats have generators--confirm!

Stuff you need to bring...

Personal clothes, preferably in a soft duffel for easy storage.

Include: (warm weather sailing)

- Lots of shorts and light shirts/tops



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- Long sleeve, cotton cover up for first couple of days
- More than one bathing suit
- Hat with wide brim AND restraining tie of some kind--otherwise they blow away!
- Ladies--hair ties for long hair
- Thongs or sandals
- One light windbreaker/foul weather jacket
- One sweater for cool evening breezes
- Cosmetic/shaving kit (In today's airport check in--do not have scissors, metal nail files, large liquid containers, laser pointers of any kind, or even clippers!)
- Pack a small carry on bag with everything needed for 2 days (in case your luggage gets lost!) Include your cosmetic/shaving kit.

Misc.

- Islands: Passport
- CD's/DVD's generally or Tape cassettes-older boats (Mark with stick ons or magic marker some way--so you can sort things out at end of cruise.)
- Camera and batteries (batts and charger for digital--all boats have invertors for 110V away from dock) (This stuff is expensive in the Islands--waterproof camera if you have one, or pick up a disposable before you leave--Islands only, Chesapeake is not conducive to snorkeling.)
- **Small, personal flash light (attach with clip to duffel bag--helps you find stuff at night without disturbing other guests.)**
- Sun screen, oil less type--(expensive in the Islands) Some with SPF 15 or higher.
- Insect repellent (Do not spray on screens where plastic windows are behind screens! (Melts plastic!)
- At least one pair of sun glasses. With Krokes (string)
- Glasses **plus spare**. Contact lenses--prescription glasses if you use them. If you've never gotten really good polarized glasses--now's the time to get them!
- Beach towel--Bath towels on board are a little on the small side (Islands).
- Personal prescription or other medications. (Make sure at the least you have aspirins, cold medicine, sun burn treatment and diarrhea and constipation medicine--as a minimum.)
- Book(s)
- Star finder--fun at night (In the nets on the Catamarans!)
- Islands: Plastic cards with picture/names for coral reef and coral fish. You'll probably need to purchase in the Islands the first time, but don't forget to bring these two valuable additions the second time around.
- Bring an extra duffel bag folded up inside the regular one--to use as a beach bag, and for extra gifts etc. on the trip home.
- Sailing gloves if you're used to using them. POWER BOATERS: These also help for line or anchor handling.
- Small can of spray lubricant--good for any thing that gets sticky or stuck!
- Duct tape--good for everything including shutting up kibitzers!
- Cards, games
- Computer if you must--normally 12V. plug and an inverter is available--but check ahead.
- I like to bring an insulated, 4 cup French Press coffee machine to supplement the perc coffee pot on board.



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- SAILORS: Eric adds--I bring a portable boom vang setup to use as a barber hauler for the Jib. (NOTE: Just make up like a boom vang with 3 or more purchase. Put a hook on one end to hook into the cringle of the sail, and a loop of line on the other to tie to a mid ship cleat, a shroud, or whatever is handy. Now, when you let the jib out on a reach, use your Barber Hauler to re-tension the top for more efficiency--you'll now be able to let the main jib sheet out further and share the tension. A great improvement in efficiency that shows you really know your stuff--your friends will be impressed!)
- Portable GPS--mostly for fun and to show guests where you are. Most boats have this (and many have chart plotters with chips for local charts) however and some have a hook up for your Nav program through the serial or usb port--ask.



If you have from another trip bring, if not purchase:

Waterproof guide to tropical fish and reef life

Waterproof camera (disposable ones now available.)

Other thoughts...

Summer wear from bathing suits to cotton wraps, etc. can be purchased relatively inexpensively at the numerous shops scattered through the Islands--don't get resort wear at dept. stores!

Be sure to have a string keeper for your hat and sun-glasses-generally available at marine stores, resort wear departments or most anywhere in the Islands.

Go to a tanning saloon every other day for at least a couple of weeks prior, or plan on wearing thin, long sleeve/long pants outfits--and lot's of sun screen too! Did you know that you can get sunburned through your clothes? Have children in your party? Many boats, especially 5 star boats have TV's with DVD players-Ask, bring TV games and/or favorite, age-appropriate programs.

Someone in your party should put together a medicine chest with:

- Diarrhea & Constipation medicine
- Antihistamine/cold medicine
- Aspirin equivalent
- Antibiotic crème
- Cortisone crème
- Sunburn lotion (Pain killing type.)
- Extra large band aids and elastic wrap – butterfly bandaids (in lieu of sutures if needed).
- Tweezers, nail clippers a needle (for slivers)
- Any prescriptions anyone on board will need.



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What's cool with the Boating crowd:

- Rolex watches
- Dedicated Boat shoes, not sneakers, running shoes, etc. A secret: What shoes offer the best grip? Tread design is all but meaningless, the softer the rubber sole, the better non-skid—but they wear out faster. If you can, have one pair for everyday use and some soft sticky shoes for when you're actually on the boat.
- No socks (with boat shoes) (Or, no shoes at all--we often get to the 4th day or so when we finally get to a nice restaurant and everyone is looking for the shoes they haven't seen in 4 days!
- The current cool sun glasses (and retainer)--you'll know which ones after you see them--maybe you can get them locally.
- The current cool shorts
- Sailors: Polo shirts with the name of some race or boat on them.
- Powerboaters: Polo shirt or other shirt with the name of some fishing tournament, or power boat race on them. Gold chain with nautical jewelry (Sailfish, wheel, anchor, etc.)
- SAILORS: A Red, Mount Gay baseball style cap. (Be sure to get a retainer for any hat you bring!)

Uncool...

- Sneakers with dark colored socks. (Or, white socks for that matter!)
- A sunburn
- Hard luggage

Great finds in the Islands--for yourself or gifts

- Bright colored wraps for Women
- Spices and packages of spices
- Small crafts, and/or paintings--locally done
- Swim suits and gauzy cotton wear of all kinds--often locally painted or dyed. (It's always amazing that what looked perfect after 4 or 5 days in the Islands, looks a little too wild and colorful when you take it out next summer at home!

Chesapeake Bay must do/find.

- Take home "Old-Bay" seasoning
- Enjoy crabs—eat with someone who's done it, or ask a neighbor at a restaurant—Maryland'ers love to help newbies!
- Try soft shell crabs
- Try long neck clams and oysters—preferably raw, with cocktail sauce. Try an oyster shooter! Raw oyster with a mix of beer and cocktail sauce in a shot glass as a chaser! (Middletons Restaurant in Annapolis offers this wonderful concoction!)
- Any gift from a T shirt to a small working model of the Thomas Point, screw pile light-house.

When Grocery shopping, don't forget...



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- Except for Belize--you can pretty much get anything you can in a U.S. style Super Market
- Any of the above you've forgotten! (Insect repellent, etc.)
- Charcoal and lighter
- TP and lots of paper towels. Disposable dinner ware if you prefer.
- Candles (Citronella) for the table.
- Matches (Lighters are aboard, but not always reliable)
- Coffee and appropriate condiments
- Salt/pepper and condiments

Please feel free to E-mail us to add anything we've forgotten! esmith@bayacht.com