

Boat and Crew Preparation

Boat Preparation

- Inspecting the boat from bow to stern
 - Bilge, head, pumps
 - Seacocks and plugs
 - Electronics
 - Sailing instructions, emergency procedures
 - Gear map
 - Reefer and oven
 - Engine
 - Rigging, running gear, shackles, halyards, lifelines and stanchions, spare shackles, rig cutters, spinnaker pole, emergency tiller
 - Up and down the rig
 - Steering system
 - Flashlights and sunscreen
 - Post watches
- Safety gear (harnesses, medical kit, PFDs, jack lines, ditch bags, life rafts, crew overboard)
- Blankets and sleeping bags
- All sails inspected, battens inserted, spinnakers banded, sails stacked below
- Provisioning
 - Water, other fluids, snacks
 - Pots n pans, thermos
 - Pre-cooked, frozen meals
 - Breakfast and lunch
 - Crackers and nuts
 - Sunscreen, TP, handy wipes
 - Posting menu
- Gear stowage
 - A place for everything, everything in its place
 - Freezer bags keep items dr

Crew preparation

- Mental preparation
 - Understand weather forecast (NOAA)
 - Know the sailing instructions and scratch sheet
 - Show up early
 - Sea sickness prevention
 - Pre-race crew briefing reviewing game plan and weather/current update

- Personal gear
 - No cotton
 - Layers
 - Gloves and hat
 - Foul weather gear and boots
 - Safety harness with crotch strap (if not provided by boat)
 - Personal strobe, whistle
 - Headlamp
 - Leatherman/knife
 - Watch
 - Cornstarch
 - Sunscreen, sun hat, sun glasses
 - Ipod? Eye shades?, Ear plugs? Nose plugs!

- Boat Familiarity
 - Know where everything is stowed so you can easily access it
 - Flashlights
 - Sail inventory and sail ranges
 - Medical kit
 - Fire extinguishers and rig cutters
 - Sheets and shackles
 - Pumps
 - Harnesses and PFDs
 - Galley familiarity (know how to work the stove)
 - Understand all the sheets, halyards etc.
 - Stow gear appropriately

- Training
 - Headsail changes and spinnaker peels
 - Reefing
 - Sail at night
 - Practice steering
 - Put up the storm sails – at the dock, on the water, in bouncy weather
 - MOB procedures
 - Knowing the instruments
 - Practice putting on gear and harnesses below
 - Hit the gym!