



January 27, 2013

Dress right.

The temperature tends to be cooler on water than on land, and even on a nice day, it's a good idea to be prepared for cooler weather. Bring water friendly shoes that stay on your feet, and have non-skid soles.

Bring Sun Protection.

Sun reflects off the water and the white surfaces of a sailboat. This means you will burn much faster on a sailboat and in places you don't normally worry about, like under your chin. Bring high SPF sun screen, a wide brimmed hat and UV blocking sun glasses.

Feel free to bring refreshments.

Canned Drinks and finger food are good. We have basic eating utensils on the boat for up to six people. Beer and alcohol are fine. ABSOLUTELY NO DRUGS!!!

Sailing is a sport.

Most of the time, we will be sitting and relaxing, but you should be prepared to move around and perform tasks that the captain asks you to do. At minimum you will need to move to the up high side of the boat each time you tack. A task you'll likely be asked to do is to pull the lines (ropes) that pull the jib (front sail) from one side of the boat to the other.

Know that the boat will heel over.

Sailboats are designed to tip over as much as 45 degrees in some conditions. This may startle you due to the unexpected and unforeseen motion of the boat. Be aware that this is normal.

Be safe. Life jackets are available on the boat. All passengers under the age of 14 MUST wear a lifejacket.

Deal with sea sickness.

The best way to avoid this is to not think about it, which is easier said than done. If you feel it coming on, watch the horizon and avoid going below deck. Try timing your breathing with the motion of the boat. If you're prone to this, you may want to bring some seasickness medication, such as Bonine and Dramamine, which are two popular brands.