

Venture Sail – Cruising Under Sail

Charter Crew Information and Instructions

What to Bring

You will have a locker for storage of clothing and other personal items. The locker is about the size of a small kitchen cupboard. While you are encouraged to bring what you need to be comfortable, keep in mind that space on a cruising sail boat is limited.

Do not bring hard sided luggage or suit cases. A soft duffel bag is a much better choice.

Suggested items include:

Boat Shoes	Toiletries / Shower Kit	Reading Material
Shorts and Jeans	Sunscreen Lotion	(there is a small library on board)
T-shirts	Tooth Brush	Foul Weather Gear
Hat(s)	Seasickness Medication	(wind / water proof jacket)
Sunglasses	Prescription Meds as needed	Camera
Underwear		Shore Going Shoes
Pyjamas		Dirty Clothes Bag
Sweatshirt or Sweater		Long Sleeved Shirt
Stepping Out Clothes (for restaurant visits ashore)		(sun protection)
Swim Suit		

On board, Venture Sail will provide towels, sleeping bags / bedding, pillows, and pillow cases.

Knots to Know

Of the multitude of knots which have been invented, there are but a handful which are necessary and needed on a daily basis. The crew are encouraged to learn before arrival the knots listed below.

1. Bowline
2. Figure-8
3. Sheet Bend (single and double)
4. Carrick Bend
5. Rolling Hitch
6. Clove Hitch
7. Round-turn and Two Half-hitches
8. Belaying to a Cleat or Bollard

Food and Beverage

Both food and beverage are important to the health and morale of the crew. They contribute or, conversely, detract from the enjoyment and success of the cruise. That said, victuals on board tend to be simple, basic, and easy to prepare.

There is usually one main meal per day taken either mid-day or in the evening, depending on circumstances. The remainder of the day, we manage with small snacks that are easily prepped and readily eaten. These might be a cheese and fruit platter, a tuna wrap, or a deli sandwich. Durable fresh fruit such as apples, oranges, and grapefruit are always on board and readily to hand.

The main meal is one of two variants. Some meat grilled on the stern rail barbecue or a one-pot type stew, hearty soup, chilli, or pasta dish. Sometimes leftovers are dealt with by combining into a Mulligan which has the delightful charm of never being the same twice.

Each morning, coffee and oatmeal porridge are always made. Other breakfast choices include bacon butties, boiled eggs, and packaged mixed fruit salad.

Tea, coffee, and hot chocolate are always on board and available. A variety of fruit juices and carbonated soft drinks are also available depending on crew preference.

We do not consume alcoholic beverages while underway. Once at the dock or anchored, a post-sail drink is a convivial and pleasant end-of-day ritual.

At least two weeks before you come on board, please indicate any specific preferences, dislikes, or allergies you may have.

Reading List

There is, of course, a multitude of books and articles available about yachts, sailing, and sail boat cruising. I have found the following to be particularly informative and useful.

CASEY, Don and HACKLER, Lew, *Sensible Cruising: The Thoreau Approach*, International Marine / Ragged Mountain Press, 1990, ISBN 978-0071580250

GIESEMANN, Suzanne, *It's Your Boat Too*, Paradise Cay Publications, 2006, ISBN 978-0-939837-69-2

LEONARD, Beth A., *The Voyager's Handbook*, International Marine / McGraw-Hill, 2nd edition, 2007, ISBN 978-0-07-143765-3

WING, Charles, *How Boat Things Work*, McGraw-Hill, 2007, ISBN 0-07-137754-9