

Jean's Ramblings,

Covers both directions, but really geared to the return trip where comfort counts and it's cruising not racing. This is not written from the voice of authority. I've appreciated all the 'odd' bits of information given to me before my first crossing, and in the spirit of SSS I'm sharing my ramblings. For those of you who have done the trip many times, may it bring a chuckle or two. As always I'm interested in hearing your suggestions for future sails.

THINGS I WAS ESPECIALLY GLAD TO HAVE ON BOARD OR MORE USEFUL THAN OTHERS:

Books- Don't be surprised that on a return trip one can read a book in a day. Talk with Fred Joyce to find out what it was like to sail with just your engine manual and Chapman's to read.

SSB twice a day check in, the book *Passport to World Wide Radio*, headphones with volume control that reach the cockpit (Radio Shack \$15-20)

Yoga mats, great for non-slip on slippery floors (Task & holly gets slippery) *When BBC is on, etc.*

Therma-rest inflatable pad, didn't use the optional chair frame

Fishing gear, line-lure, use winch for the 'reel'

Monitor windvane

2 qt. plastic pressurized insecticide sprayer- add 1 C hot water for a great hower

Unscented baby wipes, Newborn for softest - *5-6 will get you clean*

Small spray bottle, cool off in the cockpit, quick wash, one filled with alcohol/H2O for cleaning salt spray off of glasses.

Keeping a bowl of fresh water in the sink to rinse off salt, other suitable uses as the day progressed

West Marine portable fans- 4D battery type, reg. cabin fans

Yankee cut jib, 110% worked the best for return trip, able to stretch out and still see

Zip Lock or Slide-Lock bags, all sizes and lots of them (Don't forget to put everything in the abandon ship bag in water tight bags)

Joy soap, cheap and works well in salt water, clothespins

Select a size Bounty paper towels

Lightweight, breathable, Helly Hansen foul weather gear

Plenty of batteries, Velco and bungee cords, duct tape

Dry bags (REI) great as dingy ashore bag

Pack-Towels, like a car cloth for the body, or thin towels that will dry

Battery powered, focusable light lamp (REI), w/ lots of batteries

Proton will help you go to sleep

ITEMS OTHER TRANSPAC SAILORS HAVE MENTIONED:

Having family members on the beach when they arrived, this was mentioned numerous times

Half-way packages to open- special treats, notes, toys

Solar panels

Portable CD players w/ enough batteries

Timer/watch -- easy to set, w/ alarm, wear on a lanyard for the 15-20 min. cat nap

Large bag of shop rags

Many sturdy buckets, you are guaranteed to lose at least one

Digital camera

Store extra bottled water in pillow cases to avoid chafe. (REI -2.5 gal. soft collapsible)

Kettle with a small spout and standup, non-swinging handle

Plastic baskets/dishes with non-skid glued to the bottom for eating in the cockpit

Customize storage space with see thru plastic containers, securely hooked or bungeed

Several can openers, good small knives, extra spoons-they do not float

Wetnotes (West Marine) waterproof note books

Free-Bag - Small beam bag chairs (2 couple)

WHAT I DIDN'T HAVE, BUT WOULD HAVE LIKED:

Cover for the forward hatch to allowing opening during the rain while at Hanalei Bay
Bimini- Sun shade even if made from gardening material, that would allow air through but still protect. I used the red/ metallic blanket as a sun shade, also made a good wrap once we were closing to SF.

Another 5-10 gal of diesel fuel (35' footer- carried 35 gal in tank, (4) 5 gal. cans)

NOTE: Buying the yellow diesel cans in Hanalei maybe difficult)

FOOD

My method of planning is to count the number of meals, figure the number of food types, such as how many fruits, vegetables, snacks, etc. then double the amount. My eating style at sea is more attuned to what the body is saying..ie "what sounds good vs. what the clock is saying. Usually it's more snacking and smaller meals. Allow for a variety of food consistencies such as soft, salty, crunchy, easy to digest. For 2 persons, we used 35 gals on the return trip, but had plenty of boxed liquids. In checking websites, the advise is drinking, 7-10 - 8oz. glasses per day.

Doesn't matter the size of the boat, space is limited, so eliminate as much extra packaging as possible.

The following items are staples for me on passages.

| | |
|---|---|
| Ritz crackers,wheat thins | Hungry Jack mashed potatoes- complete, add water |
| Plenty of peanut butter | Cheeze wiz types- hard to believe it tastes good at sea |
| Tomato soup | Candy- chocolate & hard types, cough drops (wake-ups) |
| Pudding/ fruit cups | Pringles |
| Dried fruit | Pasta in a variety of shapes |
| 100% fruit juices(Kerns) | Instant oatmeal packages (love them, but only at sea) |
| Ready Crisp -cooked bacon | |
| Jiffy cornbread/muffin mixes (makes great pancakes too) | |
| Boxed radiated milk or Rice dream, (not powdered milk) | |
| Selection of caffeine & non-caffeine teas and drinks, (limited caffeine) | |
| Canned tuna, Costco-Trader Joe's canned chicken, turkey, | |
| Mayacamas & Knorr sauce packets- pesto etc. | |
| Supply of spices, but bland seems to work better for me than spicy | |
| Long lasting bread products- English muffins, tortillas | |
| Crystal Light, use a small amount to kill the taste of tank water | |

FOODS I'M NOT BRINGING AGAIN:

1/2 strength Gatorade (electrolytes important)

Dinty Moore stew, canned hash, powdered eggs, soybean "milk", canned vegetables w salt, canned brown bread, taking only a limited amount of canned soda.

If you have refrigeration, don't forget to provision for when it's not working. Plan for special meals or treats. **RULE: IF YOU DON'T EAT IT AT HOME, YOU PROBABLY AREN'T GOING TO WANT TO EAT IT AT SEA.** Even if you belong to the "Food is Fuel, not Entertainment" (Peter Hoag's quote) Suggest you do blind taste tests of new items, some of the package mixes, & backpacker's meals are great others leave much to be desired.

Lou: Have "good, broad-spectrum antibiotic"

SMALL BOATS- LIMITED GALLEYS

Determine whether you can handle quantities of boiling water needed to cook items like pasta.

One burner Sea Swing, mounted low so you can sit and cook. One pot meals, eaten from bowl.

On Heli Roha's list:

cheeses such as romano, parmesan, & asiago keep without cooling
tuna w/ mayo individual fast food packaging

Sardines, oysters

Vasa bread, raisin bread w/ jam

Canned dolmas (Trader Joe's), Hummus (Whole Foods)

Instant lentil or bean soup

Quick cook brown rice (Arrow Mills) couscous,

Rice & green curry sauce (TJ's) add a can of crab meat (TJ's)

Gatorade, consumed at half strength

Bananas, apples, individual wrapped in foil.

Rice & sauce mixes, can add canned turkey, chicken (TJ's)

Raisin bread from ~~Atkinson's~~ keeps well, English Muffins
Eggs keep well Synthiz: Cabbage w/ Trader Joe's Sesame Dressing.
Clothes

Everything you'd wear on the bay. Polypropylene underwear and socks - breathable, wicking materials. Plus:

Large hat - protect the neck & cheeks

Lots of oversize T shirts, Men's PJ's tops, Medical smocks- light weight, loose clothing

Easy to wash, dry shorts

Misc.

From Heli - Spare pair of both your normal glasses and prescription sunglasses, with holders It's suggested that if you really need your vision corrected at all times, and almost never wear prescription glasses, start using them days before the trip. To the unpracticed eye the glasses give a severely distorted vision which is likely to interfere much with your life, comfort and IQ. Contact lens tend to dry in the wind, so wear glasses. Do not compromise with cleanliness, eye infection on the ocean is a bad thing, use disposable soft lens.

Clean dry-bags

Deep fat pouches form dodger material, located at the companionway for storing zillion important, small items (GPS, sun block, powerbars, knife, wet notes.

First aid is covered in a separate seminar. Remind to have return crew to bring all prescriptions. Start thinking about special medical needs. For instance if you are prone to sea sickness, that sets off migraine headaches, your kit may need more items such as a pediatric electrolyte solution & instant cold packs. My drug of choice is Stugeron (cinarizina retard) in 25mg, 50 mg, tablets, One dry lip product I like is Aquaphor, great but doesn't contain a sun screen.

Don't forget to the Review safety seminar for ditch bag, abandon ship items

PROVISIONING FOR REPAIRS- YOUR TOOLBOX

WHY NOT TAKE A FEW MINUTES AND MAKE A LIST OF ALL THE TOOLS, MATERIALS AND SPARE PARTS YOU COULD POSSIBLY NEED? HERE'S A FEW QUESTIONS TO GET YOU STARTED.

What's needed to repair a broken boom or gooseneck?

What's needed for engine or generator repairs? (tightening belts etc).

What will I use for temporally plugging a hole?

What are the likely electric and electronic problems?

What's needed for demasting situations?

What's the plan if battery recharging fails or is not adequate?

What's the procedure for installing the emergency rudder?

How will lost halyards be retrieved? Furling problems?

AVALON'S TOOLBOX

Jean Novotny

Screwdriver Sets- Jewelers' Phillips & slotted; various length handles Slotted up to 1/2" blade; Phillips # 1,#2,#3; 90 deg. ratchet

Open end box wrenches SAE & Metric: **Adjustable Crescent wrenches:** #6,#8, #10, 312 **Adjustable channel locks:** 6", 9" 15" (doubles for plumbing pliers) **Vise grips:** 5" straight blade, 9' pipe, 8' welding

Pliers: linesman, diagonal, 6" long nose, long nose 90 deg. offset

Files: 1/4" & 3/16" rattail, med. flat bastard, 8"-4-part combination,, triangle,
Hammers: 12 oz. claw; ball peen
Coping saw w/extra blades; 1" tube cutter, Milwaukee reciprocating saw;
Wood chisels 1/2", 3/4". 1"; Spatula; 1-1/2" & 3-1/2" scraper, Sandvic's med.
 Replaceable blade scraper
Utility knife w/extra blades; retractable razor blade scraper
Clamps: 2" & 3" anvil, spring load hand clamps
Crimpers: ratchet and compression types
Hex Keys: metric & SAE sets, plus specific specials
Shears: 1-1/2" sheet metal; regular scissors
Socket: Metric & SAE sets, 1/4", 3/8", 1/2' drives; 3", 6", 10" extensions, various special sizes sockets inc. deep well
Soldering: sm. butane,, propane head for 14 oz. bottle, rosin core solder, copper flux
Measuring: 25', 100' tapes; Calipers; ruler; pencil w/sharpener
 100'electrician's "fish" tape
Nail set/center punch
Rivet tool w/assorted rivets Stainless & aluminum
Banding tool w banding material & clips
Cable/rod cutters; 2lb. sledge hammer with Lg. drill drift Brush: Stainless steel wire - toothbrush size
Dental picks: sharp, 90 deg., hook ends
Inspection mirrors- make-up mirror; magnifying glass,
Industrial tweezers: various shapes; wood clothes pin; magnetic pick-up tool
Drills: Porter Cable 18v. Drill rechargeable w/extra battery w/ Phillips & slotted drill bit & 1/4"socket Sets, Milwaukee Drill rechargeable w/90 deg. Capability. Dremel tool w/various bits, Milwaukee 1/2' drill
Battery hydrometer
Multimeter
Splicing fids w/instruction sheets & materials
Flashlights: regular, "dive" light, head- mounted, 12/24V trouble light, Various length extension cords

*Industrial sized zip ties
 (Home Depot) to hold stuff
 that you're repairing*

Expendables:

Tape: duct, masking, electrical, scotch, rigging
Drill indexes; wood spade drills; 3/4"-2" hole saws w/mandrels Tap & drill sets w/tap handle,
Messenger line
Goo tubes: High temp. gasket material; Silicone; wood glue; underwater epoxy, anti-seize
Plastic compartment Bin boxes, 1-2 each: hose clamps, spare light bulbs, electrical connectors,& shrink wrap: spare screws-washers-nuts (always buy 2-3 extra to have the right ones maybel); cotter pins-ring pins
Boeshiel T-9 lubrication spray
Standard Batteries: all sizes in plastic wrap
Monel seizing wire

Finger nail emery boards, Fine Sandpaper
Nylon tie wraps: assorted sizes
Zip Lock plastic bags
Plugs attached near the hulls
Sail repair kit

ADVICE TO FIRST TIME TRANSPAC RACERS

This has been said before and is true... You can either ask your support network for help now or wait until later. Either way, you won't get your list of "what has to be done to the boat before I leave" completed before start time. So the thing to consider is having your stateside team do, other than running to Svenson's or West Marine for you...

- Do the provisioning. Make the check list. Staples first, so all can lids can be marked with a Sharpie waterproof ink, & properly stowed. Make the list and do the fresh food shopping on the last day. Have refrigeration, or making a "cooler-freezer" using dry ice, then you might opt for having friends make homemade frozen meals for you.
- Organize all the individual product manuals into notebooks or whatever system you use. For those new items, like SSB radio, copy and laminate "how to use" sheets for quick reference. This can really be helpful even if it's an old instrument, but new to your return crew. Have them fill out the Information Sheet in case repair parts need to be ordered & shipped to Hawaii.
- Take care of ordering the 'odd' items like the 2nd pair of prescription glasses, medicines
- Make up the first aid kit, and abandon ship bag
- Recharge the fire extinguishers and check the dates on the flares
- Shop for the charts and books. With all the communication to shore & website information available, your family

Don't forget to arrange how your finances/ bills are to be handled while you're gone
Go over the "what if it happens" list, family emergencies can happen while you sailing.
Have your support team and / or return crew read Corenman's Pac-Cup handbook

In closing, I hope you enjoy a wonderful and safe trip,

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SHIPPING ITEMS TO HAWAII:

Several of us shipped items to Kauai for use while at anchor and for the return trip.

Some of the items included:

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|--------------------------------|------------------------|--------------------------------|
| Extra anchor with chain & rode | dinghy & outboard | spare fuel filter |
| Crew's foul weather gear | sleeping gear | |
| Horseshoe life ring | Man -over-board pole | 2 nd fork & knife ! |
| Dive gear | Barbecue & fish net | |
| Delivery sails | Books | |
| Empty new fuel cans | NO Flammable materials | |

Not sure if you really save by sending over canned goods. Grocery stores are available

Remember with current airline restrictions, your crew may not be able to bring as much carry-on baggage as some of us have done in the past.