

What to bring for a sailing trip.

MARINA DIRECTIONS: <http://www.haroldweller.com/Marina%20Directions.htm>

BOAT LAYOUT: <http://www.catalina310.org/specifications.html>

- **Clothing:** Sailing is a “casual” (jeans and T-shirt) experience, so you will not need fancy clothes unless we plan to visit a fancy restaurant in the evening. There is space on board to store a gym bag, small suitcase, or backpack, so bring extra weather-appropriate clothes, keeping the following in mind
 - Weather extremes (hot, cold, wet, sun) are greater on the water than on land – plan accordingly.
 - There is a chance that you will get wet to the skin even if it does not rain – bring a complete change of dry clothes. It is also a good idea to leave another change of dry clothes in your car for the drive home in case everything you bring on board gets wet.
 - Bring a raincoat (better safe than sorry) and a bathing suit - if it’s hot – we may have an option to swim.
 - Shoes: Please try to avoid black soled street shoes – they leave black marks on the white fiberglass deck that are very difficult to remove. Rules for shoes on a boat are similar to rules for shoes on a wooden gymnasium floor. Barefoot is OK (and is usually how you will find me).
 - Bring a hat to protect you from the sun, but not one you will miss if it blows away (I have spare baseball caps).
 - There is a flush toilet on board with privacy for changing.

- **Personal Items:**
 - For day and overnight trips:
 - Sunscreen
 - Insect repellent
 - Sunglasses
 - Camera
 - Cell phones generally work OK in the harbors where we cruise, but there is often no signal in mid-bay. Most marinas offer WiFi – but you often have to pay for it.
 - For overnight trips only: The overnight marinas generally have bath houses with showers much like you would find at high end campgrounds. Many also have swimming pools. Be sure to bring the following for overnight trips:
 - Bar of soap and personal toiletries.
 - Towel(s) – I have towels on board, but you may wish to bring your own if you are not flying. Do not waste space bringing towels if you are flying.
 - Pillows and blankets/sleeping bags: Same as towels – I have on board, but you may be more comfortable with your own if you are driving. Do not bring if flying.
 - Appropriate clothes to sleep in, keeping in mind that there is no privacy when sleeping on board. I usually sleep in a dry bathing suit and T-shirt in warm weather.

- **Food:** There is a small galley on board with a sink, microwave, and coffee maker. The microwave and coffee maker will only work when we are tied to a dock with access to 110-volt electricity. There is a small electric refrigerator on board that works both at the dock and under sail, there is a small propane stove/oven, and there is a barbeque grill. We have a supply of paper plates, plastic cups, paper towels, and plasticware (forks, etc.) always on board.
 - Drinks: I have a supply of non-alcoholic, non-caloric drinks on board (mostly bottled water and diet Coke). If you want anything else, feel free to bring it along. Try to avoid glass bottles. Note that the wind and sun can cause dehydration, so plan to drink lots of liquids. Alcohol is OK, but don’t overdo it – you will be sorry.
 - Breakfast: When staying overnight we usually have breakfast on board at the dock before departing for the day. I have coffee on board, and we generally try to eat simple things that require minimal fuss – bagels, donuts, yogurt, microwavable breakfast cereals etc. Bring whatever you prefer (I usually just have a bagel and perhaps some yogurt).
 - Lunch: We will be on the water during the lunch period, so we will eat while sailing. Since we cannot predict weather and sailing conditions you should plan to eat something you can eat with one hand. Pre-made sandwiches, snack foods, fruit, are all good choices. I always have snacks on board, but they may not be your favorites, so bring what you prefer and I will do the same – we will probably end up sharing. If time permits we can stop by a grocery to provision before departing.
 - Dinner: For overnight trips we generally have dinner ashore – either at a local restaurant or at the ballpark if we are planning on attending a game. If we anchor out instead, then we will use the barbeque grill aboard.
 - Forbidden items: Cheetos and nuts in the shell.
 - Packaging: Storage spaces on the boat are small, so it is usually better to bring a large number of small containers rather than a small number of large containers. Similarly, smaller packages are better than large ones.

- **Music:** If you have a preference in music, I suggest you bring your own music player so you can be in charge. Otherwise, you will have to endure my selection in music. I have auxiliary input and Bluetooth available.