

DMVA General Guidelines

1. **Vessel**: An Island Packet 40, which you can see on our website.
2. **Attitude**: This cruise will be a "big event" in your sailing experience as it will also be for us. As many times as we've gone to sea in boats, we still treat each cruise with the utmost of respect and preparation. We will be out overnight in a large ocean and a busy bay with all of the potential for challenge, experience, learning and, yes, danger that you have read about and thought about. We will be thoroughly prepared for these challenges to the best of our abilities and, hopefully, to the best of your abilities. Arrive well rested as this cruise will demand all of your energies and mental acuity.

An old Navy adage is "Take care of your ship and your shipmates, and they'll take care of you." And never is this so true as on a little boat at sea. We'll all be in it together and very much dependent on each other. There's no one else, just us and our ship, so whatever the challenges are, we must be prepared to deal with them.

3. **Personal Gear**: It's human nature to bring more than is needed on a cruise like this. We've surveyed past graduates and find that many use about half of what they bring, and the remainder is stowed in a bag and never used. I emphasize this point because too much personal gear becomes a safety hazard that the entire crew must deal with, or trip over, or need to throw out of the way to clear working room in an emergency, so be thoughtful in your packing.

Depending on the season, a cruising sailor generally needs the following items, and some specific suggestions follow this list.

- Foul weather gear
- Sea boots
- Safety harness and tether
- Inflatable PFD
- Personal strobe light
- Whistle
- Small flashlight (not an LED)
- Leatherman or similar multi-tool or a small pair of pliers
- Warm hat and gloves
- Thermal underwear
- Deck shoes
- Socks
- Sea sickness medication
- Sleeping bag blanket
- Pillow cover
- Towels; 12 x 18 inches
- Warm and cool clothing

- Personal hygiene items
- Sun glasses
- Sun protection lotion

4. **Sea Bags:** Do not bring rigid suitcase cases or airline flight bags with frames and wheels as they are most difficult to store onboard. You should be able to pack everything you need into two medium sized, soft duffels of 12" diameter x 24" long without rigid bottoms. These can be easily stowed in the limited space available with the items that will not fit into the limited locker space available. When empty, these bags can be rolled up and take very little storage room.

5. **Bedding:** The yacht has pillows and bunk mattresses, but no other bedding items. So bring a sleeping bag and pillow case of distinctive color so that you'll recognize your pillow. For summer cruises, a very light sleeping bag or a light blanket would be adequate. For Fall cruises, a sleeping bag is recommended.

6. **Harness & Tether:** A safety harness and tether are required personal gear that you must bring since all crewmembers are required to clip to a safety line when in the cockpit at night or when going forward on deck or when warranted by rough sea conditions or when ordered by the Captain.

7. **Inflatable PFD:** An inflatable PFD is not required for these cruises since the yacht is equipped with Type I offshore PFDs. However, many sailors prefer to wear an inflatable when working on deck, but these are not a substitute for the harness and tether previously discussed since the main priority is to remain on board and attached to the boat at all times.

There are many choices in inflatable PFDs and you need to determine which fits your personal preferences, comfort and price range. Also, combination harnesses with inflatable PFD attached are also available, and in some, the inflatable is quickly detachable allowing use of just the harness and tether.

8. **Personal Strobe:** A personal strobe light is required personal gear that you must wear when in the cockpit at night or when warranted by rough sea conditions. I recommend the Forespar RL2 Personal Strobe Light powered by one standard C-battery or the RL Solas Personal Strobe Light powered by a lithium battery.

Also, I recommend against the ACR Firefly Plus Personal Strobe Light, which includes both a strobe and a flashlight, because of the likelihood that you'll use the flashlight before you fall overboard and thus deplete the battery before you really need it to work.

9. **Personal Flashlight:** Smaller is better. This you'll use to make your way throughout the boat in the dark of night when shipmates are trying to sleep or save their night vision, and you'll need to develop the habit of covering most of the light with your hand while going about the boat. Try your flashlight in the dark of night before you come; you'll be surprised at how little light you really need. The all-metal Mag Light with a twist cap is ideal due to its compact size, ruggedness and lanyard hole for hanging around your neck.

Do not bring an LED flashlight as these are usually too bright and are blinding to other crewmembers.

Also, don't bring a strap-on headlamp because, when you turn your head to talk to another crewmember, you shine right into their eyes.

10. **Towels:** You won't need a large beach towel. I recommend using a hand towel (12" x 18") as a bath towel. It's better to bring a few of these smaller towels and have a fresh one every other day rather than one big towel that smells dank and moldy half way through the cruise. Three hand towels plus a couple of face sized wash cloths will serve you well.

11. **Stowage:** Most of the onboard lockers are taken up with essential boat equipment, but below is what is available for crew stowage. Please read the following closely and take this advice to heart because most people are very perplexed when they come onboard and try to figure where to put all of the personal gear brought from home... remember, there will be six of us onboard.

- Each of you will be allotted two stowage compartments of about one cubic foot each. In these it's best to stow small items such as underwear, socks, T-shirts, shorts, hand towels, hat, gloves, sunglasses, flashlight and deck tool.
- Your toiletries, including personal medications and sun screen, should go into the lockers of one of the heads.
- Your foulies, sweaters, jackets, long pants and harnesses should be hung on hangers in the forward hanging locker. Wet foulies can be hung in the forward head. Wet sea boots will go in the forward head.
- Your remaining clothing items can remain in one of the soft duffel bags previously described, which will be stowed in the forward berth behind a lee cloth. In this bag you can leave items that you do not expect to need for the next couple of days such as extra pants, sweaters, etc. The other duffel bag should be empty by now and can be rolled up and stuffed into the first duffel.
- The vessel will have plotting sheets for the ship's navigational plot, and you will participate in maintaining the ship's plot along with other crewmembers and not attempt to keep your own plot as this just confuses the onboard navigational procedures. If you want a copy of the nav plot, I recommend that you ask for a copy of the ship's logbook after the cruise, and make a plot after returning home.

12. **Knots:** Practice the following important knots:

- Cleat hitch
- Bowline
- Round turn with two half hitches
- Sheet bend
- Figure eight line stopper
- Rolling hitch.

13. **Physical Conditioning**: Participate in regular physical conditioning for the last month prior to the cruise and arrive well rested and in good shape.

14. **Sea Sickness**: Most people are affected with some degree of sea sickness for the first few days of a passage, and I recommend that you obtain a remedy and try it before you come for the cruise to determine if you have any adverse reactions to it.

15. **Zero Tolerance Drug Policy**: No illegal drugs or substances are allowed aboard the vessel used for this cruise. This vessel maintains a zero tolerance policy. The owner and operators of this vessel will not tolerate possession or use of illegal drugs by anyone while onboard this vessel. You are required to sign a statement acknowledging understanding and compliance with this policy.

16. **Smoking**: We prefer that no smoking take place at any time aboard the yacht used for this cruise. However, if you must smoke, do so only on deck on the leeward side. No smoking is permitted below decks at any time.

17. **Alcohol**: Alcoholic drinks may not be consumed onboard the yacht during the course.

18. **Study**:

- Prior to the cruise, thoroughly study the DELMARVA Training Plan that we sent to you as we will use this book as a working reference during the cruise including the appendices therein.
- Study navigational charts, light lists, tide and current forecasts and other references for the planned route.
- Study weather forecasts and analyze the expected conditions and effects on route planning using NOAA internet weather forecasts.
- Study navigation techniques in general and prepare to apply these during the cruise. Also review procedures for converting courses and bearings between compass, magnetic and true (TVMDC).

19. **Meal Preparation & Galley Cleanup**: A general word about meals offshore: It's essential to keep it simple. Basic one-pot meals work best offshore; gourmet meals do not. Also, when offshore you'll be inclined to eat less than you normally do when ashore.

The off watch crew prepares meals for serving at 0800, 1230 and 1700 hours, and follows by galley cleanup.

20. **Sleeping Accommodations:**

- At sea, three people are always on watch and three are off watch. Hot bunking is required underway. Clear your bunk when going onto watch for use by your shipmate coming off watch. Roll and stow your sleeping bag. Tidy up for shipmates coming off watch
- In port or at anchor, sleeping accommodations are as follows:
 - Forward berth (two crewmembers)
 - Port settee
 - Starboard settee
 - Camping mattress in main salon
 - Quarterberth

21. **Nav Station:** The navigation station is the business office for the ship and should be used for navigation, log keeping, weather tracking and radio use. If cluttered with various and sundry items, it can quickly become useless for its essential purposes. Thus, crewmembers should avoid putting personal gear on the Nav Station desk, and should definitely not place coffee or other drinks there since they are certain to spill and fill the desk drawer with messy liquids.

22. **Seasickness:**

- Many people are affected for the first few days of passage.
- Test yourself before the cruise in the medication you plan to take.
- During the cruise take medication before sickness occurs.
- Over the counter- Bonine works for some.
- Prescription- Scopolamine Patch works for some but has significant side effects. Recommend doctor's guidance and prescription.
- Activity, involvement and mental attitude reduce the effects of seasickness.

23. **Heads:** Gentlemen Be Seated!

24. **Smoking:** None below deck... Prefer none on deck.

25. **Zero Tolerance Drug Policy:**

- No illegal substances are permitted aboard this yacht.
- This yacht maintains a zero tolerance policy.

- The owner and operators of this yacht will not tolerate possession or use of illegal drugs by anyone while onboard this yacht.
- You are required to sign a statement acknowledging understanding and compliance with the above policy.

26. Deck Safety:

- Safety Harnesses
 - Always required at night in the cockpit.
 - Hook up from companionway before entering cockpit.
 - Whenever on the side decks or going forward
 - When ordered by the Captain in rough conditions
 - Whenever you feel the need to be hooked in
- Notify Helmsman before going forward. Helmsman is obligated to keep an eye on crewmember going forward, and train flashlight on them at night.
- At night, turn on foredeck light before going forward
- Deck shoes or sea boots are required at all times on deck.
- Acknowledge directions by repeating.
- Avoid clutter in cockpit.
- Always carry deck tool, small flashlight & whistle.

27. Accidental gybe (refer to Training Plan):

- Remain cognizant of wind direction & boom position.
- Stand down in cockpit when boat is off the wind and not on side decks or coamings
- Always use preventer when wind is aft of beam by 1° or more; ie 91° or more from the bow

28. Recovering from an accidental gybe (refer to Training Plan):

- **Do not** release preventer
- **First** crank in main sheet tight on winch



That's a lot of don'ts, but please do bring your enthusiasm, your joy of sailing and your good attitude about the adventure that we are about to undertake. You'll have a wonderful experience and make a new, select group of friends who will hold a special place in your memories.