



Pacific Cup 2016

Offshore Provisioning

For Fully Crewed Racing Yachts

Keys to Success

- Highly Organized
 - Everything must have a place and a plan to keep it there
 - Must be Easy to find day or night
 - Clearly Label Everything!!
- Plan everything in Advance.
- Leave nothing to choice / chance
- ** Someone actually going on the trip **MUST** be involved in / familiar with provisioning
- Race Crew must load the boat.

GOALS

MAXIMUM CALORIES /
MAX ENERGY

EFFICIENT HYDRATION

MINIMUM WEIGHT

MINIMUM EFFORT AT SEA

BONUS:

Taste

Variety



First Step: Evaluate What Cooking Facilities are Available

What will your tools be?

Oven? (Make sure Pans Fit!)

Burner (s)? Gimbaled? (Make sure Pots fit!)



BASIC EQUIPMENT – DON'T FORGET!

KITCHEN EQUIPMENT

- Lighter
- Pot For Boiling Water
- Pump pot for storing hot water
- Fuel for Stove / Burner
- GFS Fair Share Mugs (Numbered)
- Water Bottles (Numbered)
- Coffee Mugs (Numbered)
- Sporks
- Dish Soap / Sponge
- Paper Towels / Bleach Spray
- Cooler / Ladle For Freeze Dried
- Garbage Bags



FOOD XTRAS

- Hot Sauce
- Ramen Noodle Soups (in plastic bags NOT Styrofoam Cups)

GROUP HYGIENE

- Ibuprofen
- Sunscreen
- Toothpaste
- Ear Plugs
- Toilet Paper
- Baby Wipes / Powder
- Brown Paper Bags



FREEZE DRIED versus BOIL A BAG

(or some combination thereof)



The winner on
our boat:



Freeze Dried

TIPS

- Don't Take it if you haven't tried it
- Must be sufficiently rehydrated or can be dangerous
- Use Cooler to Rehydrate in Bulk and Keep Warm
- Eliminate X-tra Packaging before you leave Dock and Label Clearly!

YUMMY!!



BOIL A BAG

TIPS

- Takes lots of time to prepare pre-race!
- Keep with Dry Ice and Styrofoam coolers packed with newspaper and duct taped shut – packed morning of departure
- Use Commercial Freezer to Prep (Deeper Freeze! Minimum -4°C)
- Freeze in Tupperware Molds to make Block shapes for easy and efficient packing in cooler
- Consider taking A Pressure Cooker (make sure it fits your burner base!!!)



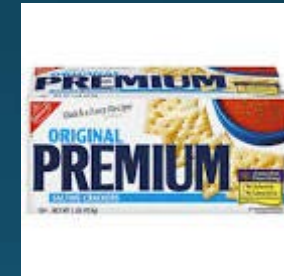
MAKES FOR HAPPY CREW BUT CAN
BE A LOT OF WORK!

SNACKS!!

Go to your local store (TARGET / COSTCO / SAFEWAY) and take notes / photos of foods that could work for your plan

Key Features:

- Minimal Weight / Prep Time
- HIGH CALORIES
- GOOD TASTE
- Minimal Packaging / Waste



DRINK CHOICES

TIPS

- CAREFULLY calculate how much drinking water you need (remember you will also need water for re-hydrating your freeze dried!)
- Do not include your Emergency Water as you must finish with that!
- If Filling Tanks from Dock use Potable (WHITE) hose
- Target – 64oz. Of Non Carbonated non Caffeinated Liquid per Day

Drink Options

- Instant Coffee
- Tea / Powdered Cocoa
- Powdered Milk
- Powdered Sports Drink
 - le. Gatorade – need sodium and sugar!



DEVISE AND WRITE OUT YOUR PLAN

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	On shore	Breakfast Burritos	Almond Milk w/ Granola and Dried Fruit / Cereal	Instant Oatmeal w/ Nuts & Fruit	Freeze Dried	Instant Oatmeal w/ Nuts & Fruit	Freeze Dried
Lunch	On Shore	Sandwiches – Turkey / Cheese / Mustard or Mayo	Sandwiches – Turkey / Cheese/ Mustard or Mayo	Sandwiches – PB&J	Sandwiches – Tuna packs	Freeze Dried	Freeze Dried
Dinner	Burritos	Boil bag Beef Stew	Boil Bag Green Curry Chicken	Freeze Dried	Freeze Dried	Freeze Dried	Freeze Dried
Daily Snack Bag	Baby Carrots / Celery Sticks / Apple Slices Beef Jerky / GORP	Fruit Roll Ups / Nuts	Beef Jerky / Oranges / Candy /	Nuts / Dried Fruit	Apples / Granola Bars	Apple / Fruit Roll Ups / Peanut Butter Pretzels	Candy /Granola Bars / Beef Jerky / Nuts
Available to Drink	- Coffee -Powdered Gatorade -Tea -Orgain	- Coffee -Powdered Gatorade -Tea -Orgain	- Coffee -Powdered Gatorade -Tea -Orgain	- Coffee -Powdered Gatorade	- Coffee -Powdered Gatorade	- Coffee -Powdered Gatorade	- Coffee -Powdered Gatorade
	Day 8	Day 9	Day 10				
Breakfast	F.D	F.D	F.D				
Lunch	F.D	F.D.	F.D.				
Dinner	F.D	F.D.	F.D.				
Snack Bag	Fruit Roll Ups / Nuts	Candy /Granola Bars / Beef Jerky / Nuts	Nuts / Beef Jerk / Dried Fruit				
Drink(s)	- Coffee -Powdered Gatorade	- Coffee -Powdered Gatorade	- Coffee -Powdered Gatorade				

- Once complete this will be laminated and posted in the Galley along with watch schedule
- Estimate # of Days * Known # of Crew = Amount of Provisions
- Any Special Dietary Needs / Allergies?

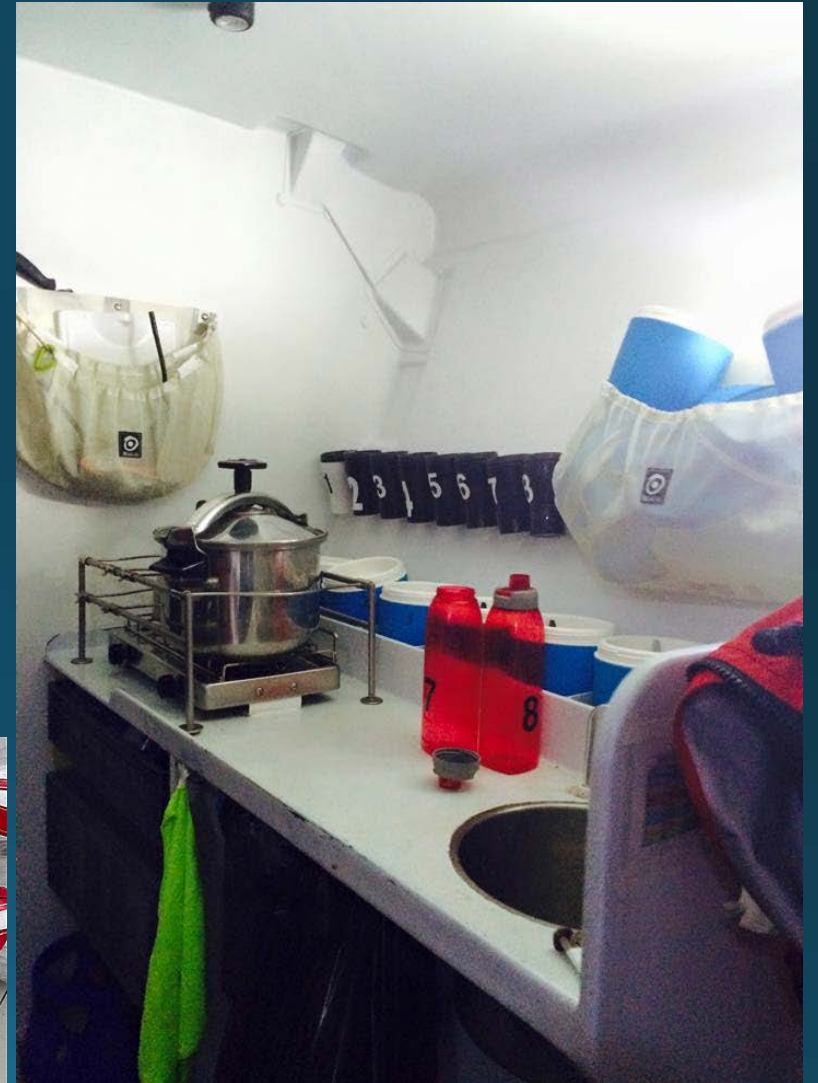
THEN SHOP AND GET READY TO PACK

Pack in DAY BAGS

- Start from Bottom Up!
- Incorporate Hygiene Items
- Remove ALL Unnecessary Packaging – take NO Paper
- LABEL EVERYTHING CAREFULLY INCLUDING YOUR DAY BAGS!



ORGANIZATION IS KEY!



WHO COOKS?

EVERYONE!!

The cooking duties rotate with the watch schedule and should be designated before departure!

If you are cooking Boil a Bag – Make sure to “thaw” the frozen blocks in advance of boiling to make process faster.

Freeze Dried can be prepped for different watches all at once in cooler and kept warm that way!



WHO CLEANS?

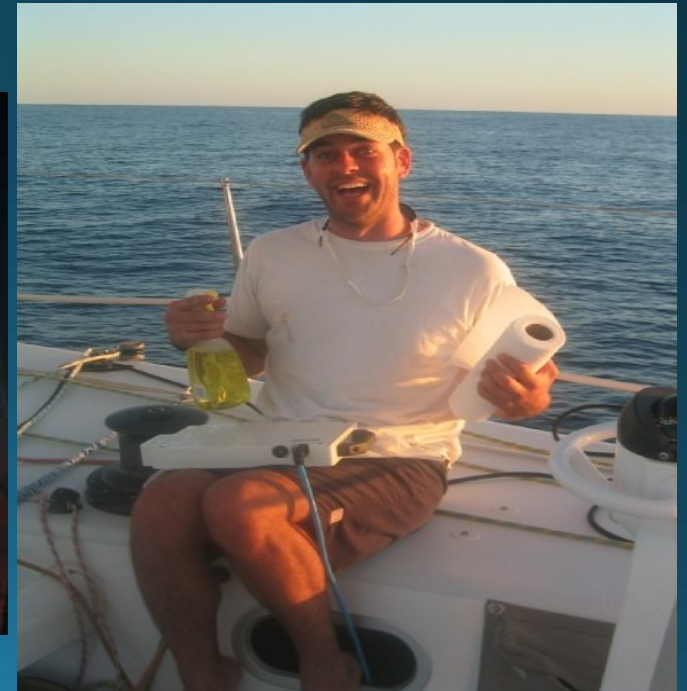
EVERYONE!!!

EACH PERSON WASHES THEIR OWN DISHES!!

WHOEVER COOKED WASHES UP THE COMMUNAL POTS!

Additional Daily Cleaning Duties:

- Sponging the Bilge and Wiping down the floorboards
- Wiping down Galley Area / Head with Bleach Spray



Wishing you a great race and lots of
ALOHA!!!



See you at the
Sandbar!