



Offshore provisioning and other considerations for Double Handers

2016 Pacific Cup /// Bill and Melinda Erkelens

Specific to Double handed

Small boat storage / organization

Cooking with no galley

Staying healthy in tight quarters

Staying awake

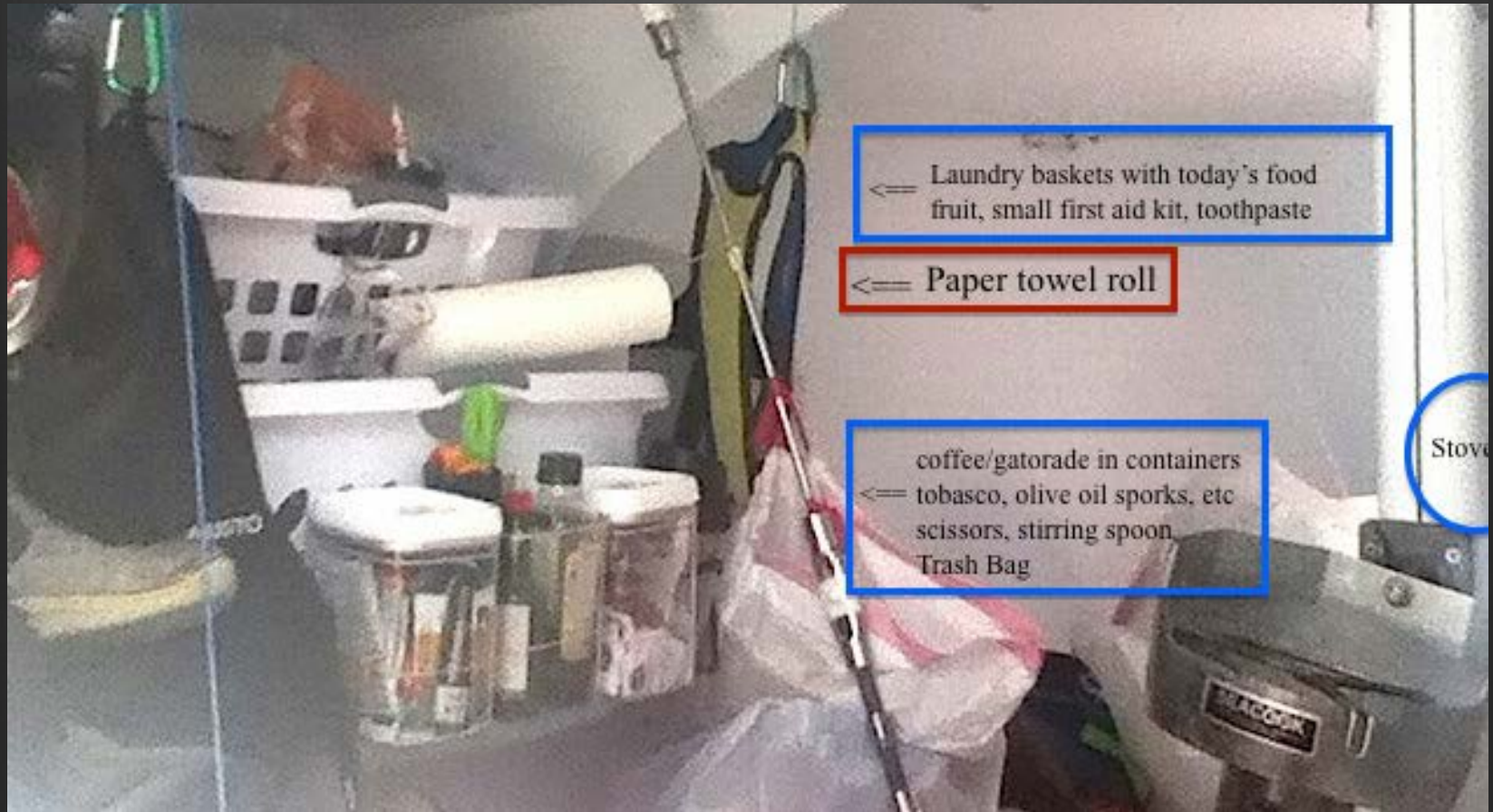
If you are on a small boat your galley will not look like this



In fact you may not have a
'galley'



Some ideas for small boat storage



“Cooking”

Food Prep

- ❉ Small cooler for making freeze dried. Priorities: easy to open and easy to clean, keeps food warm.
- ❉ Measuring Cup (important)
- ❉ Two bowls and two spill proof travel mugs with good insulation.



Cooler for Food Prep

Keeps the meal hot for several hours

So one person can go to sleep if needed.
Or if too rough to eat.

Must stay in place in rough seas.

Must be able to pour hot water into it
without mishaps.

Strap it into place.



Deyhydrated Food Tips

- ⊗ *Jetboil* stove: A great stove (small pots only).
- ⊗ Measuring Cup: quantity of water is key; too wet is mushy and too little water will make you sick.
- ⊗ We use 10% more water than specified and wait 50% longer than specified before eating.
- ⊗ We assume 1.25-2.0 'servings' per person per meal.

Get Organized



Make numbered day bags with all food for the day in it
Make decisions for daily meals before the race

Plan, plan, plan

- ⊗ Seal A Meal and large Ziplocs are great for the “Day Bags”
- ⊗ Trail Mix (or just nuts) are a good source of protein
- ⊗ Stash numbered day bags in a trash bag so they stay in one place
- ⊗ Emergency food: We work out how long our passage is likely to be, then add 3 extra days of Deyhydrated food (dehydrated snacks, or no snacks for the emergency days).



Don't forget...

- ⊗ Headlamp for each person for hands-free cooking and moving around down below.
 - ⊗ Needs red lens
 - ⊗ Fully waterproof
- ⊗ Lighter
- ⊗ Beanbag (small boats)

Add – To's for Freeze dried



More food strategies

- ⦿ In packing, assume some lighter eating days to keep extra snacks from building up. Might not eat much the first two days.
- ⦿ First days can be rough – pick non spicy, easy to digest meals.
- ⦿ Once everyone is feeling ok, rich, heavier meals for the cold, “lighter” meals for the tropics.
- ⦿ Stay Hydrated!

Keep it simple you will be tired



Save your energy for sailing, not cooking

Stay Healthy

- ◎ Start the race well rested if possible
- ◎ Need a good sleeping bag: Gortex shell, poly pro insides from *Ocean Sleepwear* - - expensive but most comfortable dry bag on the market.
- ◎ If one person is sick or injured it could be a big problem in windy conditions
- ◎ Be conservative in terms of staying well and injury free

Hygiene issues



- ⦿ Keep meals simple. It is hard to clean dishes with no running water or sink.
- ⦿ Paper towels are good for wiping dishes clean (cloth towels won't dry out)
- ⦿ Mount hand sanitizer in an accessible place with silicone

Burns from hot water are serious at sea



To prevent infection you need to keep burns clean by washing the area daily with soap and water

(hard to do at sea on a small boat with no running water!)

Be extremely careful not to get
burned.

Could be a game-changer....

Meal schedule / staying awake

- ⦿ Your watch schedule: One or the other of the two may need extra rest which may change the watch/meal schedule.
- ⦿ Try out any new cooking equipment or idea before heading off.
- ⦿ Figure out how to stay awake. Candy? Caffeine? Loud music?

Good Luck and see you there!



Wolfpack, start of 2014 Pac Cup