

Preparedness, Prevention and Personal Welfare



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How to prepare for the race

Goal: Prevent injury and poor judgment



- Build
 - Strength
 - Endurance
 - Flexibility
- Habits may affect the quality of your trip
 - Smoking
 - Caffeine
 - Alcohol





Offshore system of clothing

- Expedition weight thermal underwear
- Fleece top and pants
- Ocean level foul weather gear
- Boots that don't leak
- Serious hat



Be Responsible for Your Safety Gear



- Make sure your PFD fits and works properly, label it with your name
- Stay clipped in from sunset to sunrise and in any heavy weather situation



Know how to use emergency equipment



Single side band



Personal AIS beacon



Satellite phone



Epirb

Managing Your Personal Gear

Put all clothes in plastic bags

Designate a place for everyday supplies





Sleep is a Necessity

- How many hours do YOU need to sleep?
- Watch schedules that promotes sleep
 - 66444
 - 3 on 6 off
- Develop a routine to sleep after watch
- Use ear plugs and blinders
- Best to be rested at finish line



Personal Items to Maintain Sanity



- Books, music, podcasts
- Personal light, cards, fan e-reader, phones (chargers), star and navigation apps
- Extra pair of glasses
- Contact lenses



Food Preferences

Bring food that you like to eat



Allergies anyone??

Have a conversation with the provisioner



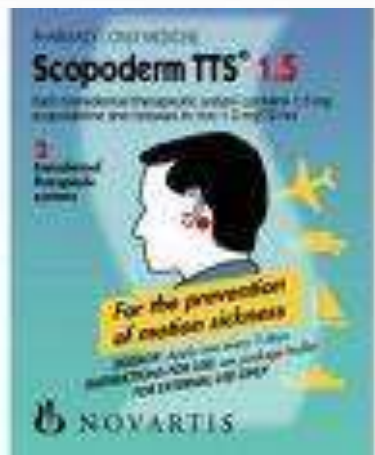
Personal and Boat Cleanliness

- Shower after 3 days and then continue
- May clean with wipes
- Set up a boat cleaning schedule
- Double Handers:
 - Bring hydrocortisone and baby powder



Sea Sickness

- May last 2 to 3 days
- Remedies
 - Try drugs before trip
 - Know how you feel
 - Take drugs the day before you leave





Sun Protection

**Bring lots of sunscreen
UVA/UVB or zinc at least
30 spf, chapstick
Take new sunscreen**



**Wear hats, sunglasses
and long sleeve shirts.**

Dehydration

- It sneaks up on you
- Can't think straight, headaches, constipation, sea sickness
- Force yourself and your crew to drink water several small water bottles a day
- Caffeinated beverages and alcohol are diuretics and may cause dehydration





First Aid Kit(s)

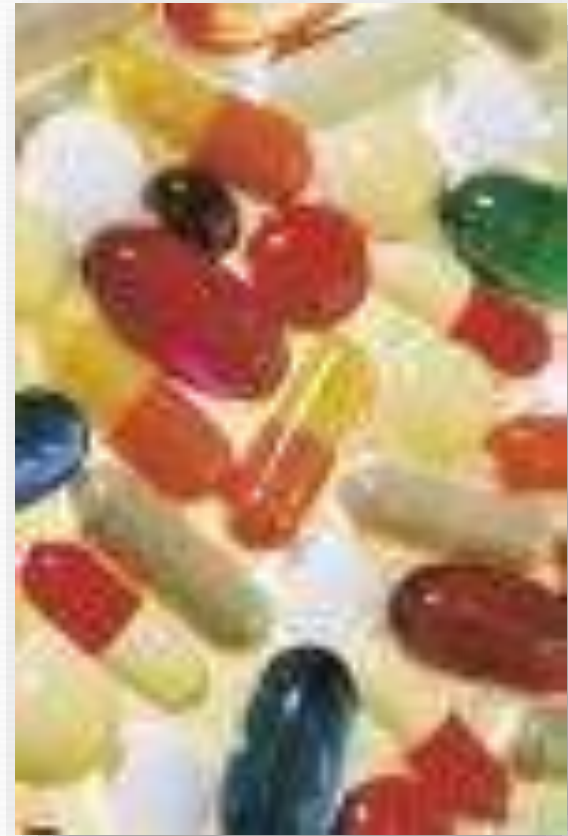
- Keep large first aid kit intact until truly needed
- Have a smaller kit with commonly used items anyone can use
 - Band aids
 - Mild pain medicine
 - Ointments

Tell Skipper about Medical Conditions



- Diabetes
- Seizures
- Heart Condition
- Any disease that requires regular medication
- Aspirin for stroke prevention

No Surprises!!



HAVE FUN, CELEBRATE!

