# **Getting Home**



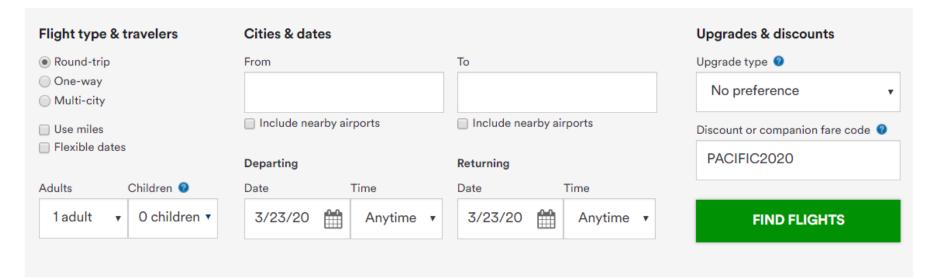
#### Discount Flights to and from Hawaii

The discounts range from 5-10%, and are good for travel between June 16 and September 2. Except for July 2-6, when you should be sailing anyway. Fare must be booked by June 30.

What is the code, you ask? It's PACIFIC2020



#### Book a flight





Jim Quanci
18 races to Hawaii
6 deliveries home



#### How Much Time?

#### 30 foot

<ul> <li>Cruiser</li> </ul>	20-22 days
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Performance 17-21 days

#### 40 foot

<ul><li>Cruiser</li></ul>	18-20 days
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Performance 15-17 days

#### 50 foot

- Cruiser 16-18 days
- Performance 13-15 days

#### Mal de Mer



# Provisioning





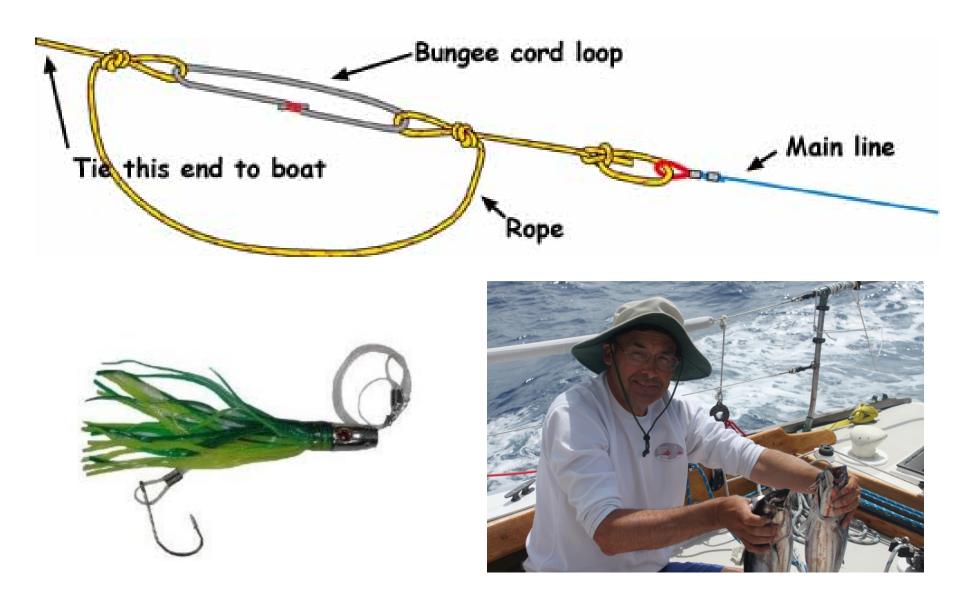








### Fishing Gear



# Time for Learning/Maintenance

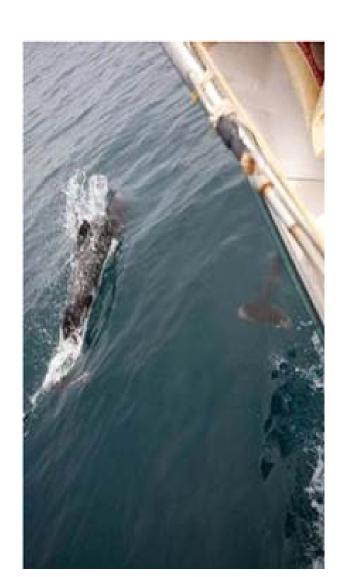


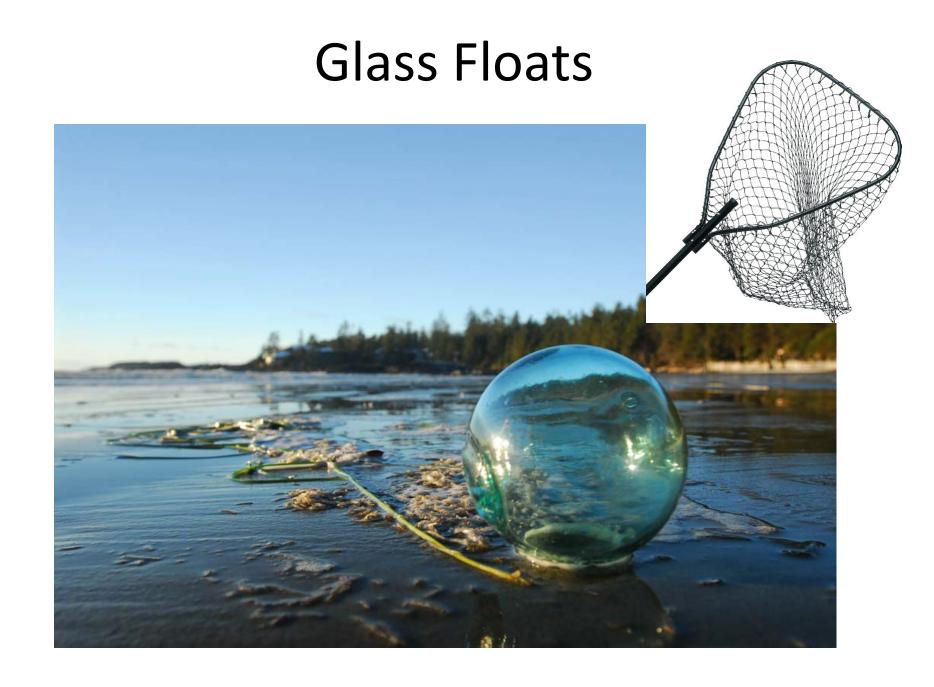
# **Boarding Ladder**

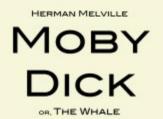


### Wildlife

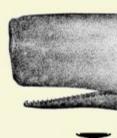


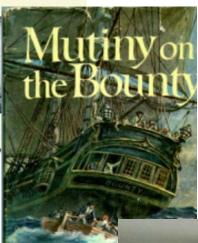






# Reading









#### Crew

#### Qualifications

Easy to spend time with Sailing expertise is a good thing – but not if "hard to live with" Beware someone you don't know or a GOOD friend doesn't know

#### **Paid Delivery Crew**

Check references
Consider removing all racing sails

# Protection/Shade



#### Fuel



# Fuel

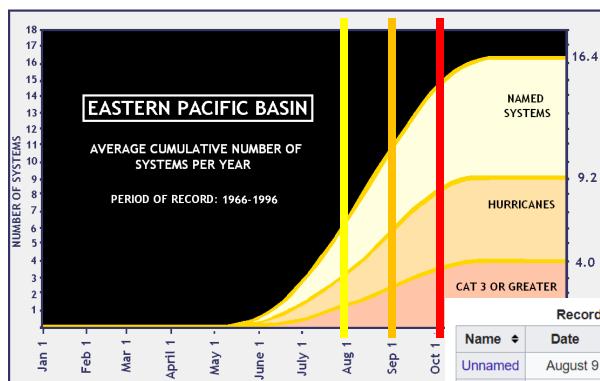


#### Routing

# weatherguy 6 com



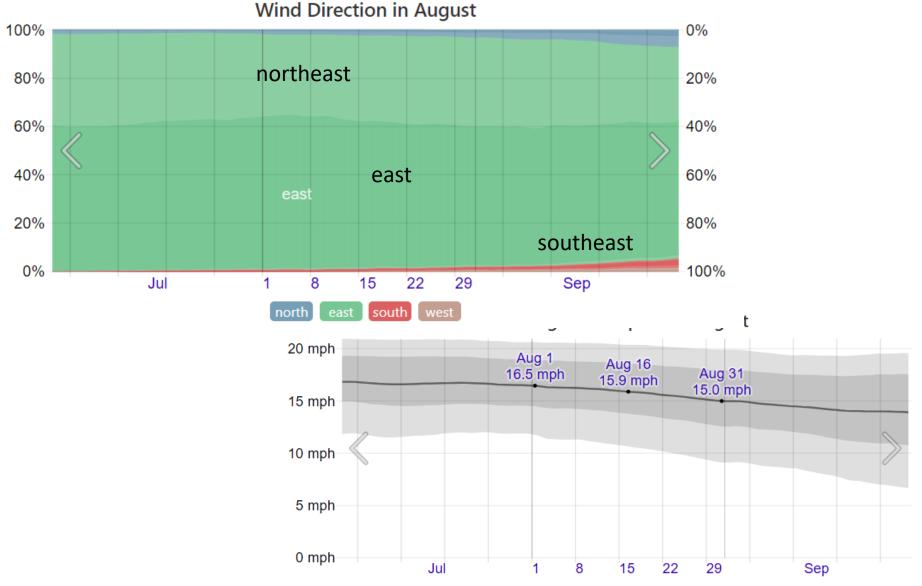
#### Don't Delay



Recorded tropical cyclone landfalls in Hawaii

Name +	Date +	Year <b></b>	SSHWS category +	Sustained winds +
Unnamed	August 9	1871	Category 3 hurricane	Unknown <sup>[nb 1]</sup>
Unnamed	August 8	1958	Tropical storm	50 mph (85 km/h)
Dot	August 6	1959	Category 1 hurricane	85 mph (140 km/h)
Raymond	October 20	1983	Tropical depression	30 mph (45 km/h)
Gilma	August 3	1988	Tropical depression	25 mph (40 km/h)
Iniki	September 11	1992	Category 4 hurricane	145 mph (230 km/h)
Orlene	September 14	1992	Tropical depression	30 mph (45 km/h)
Eugene	July 24	1993	Tropical depression	35 mph (55 km/h)
Iselle	August 8	2014	Tropical storm	60 mph (95 km/h)
Darby	July 24	2016	Tropical storm	40 mph (65 km/h)
Olivia	September 12	2018	Tropical storm	45 mph (75 km/h)

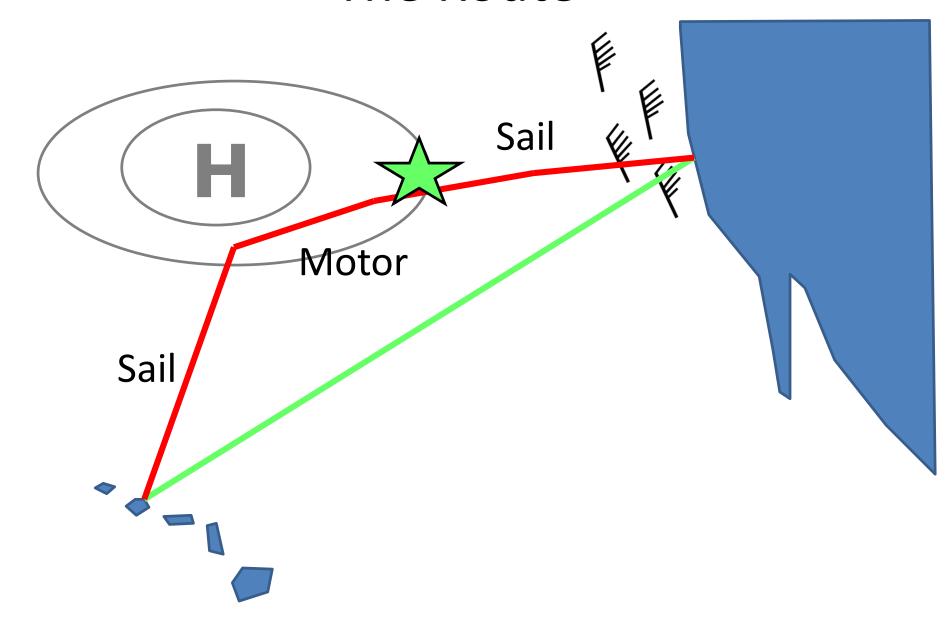
# Don't Delay – but avoid bashing

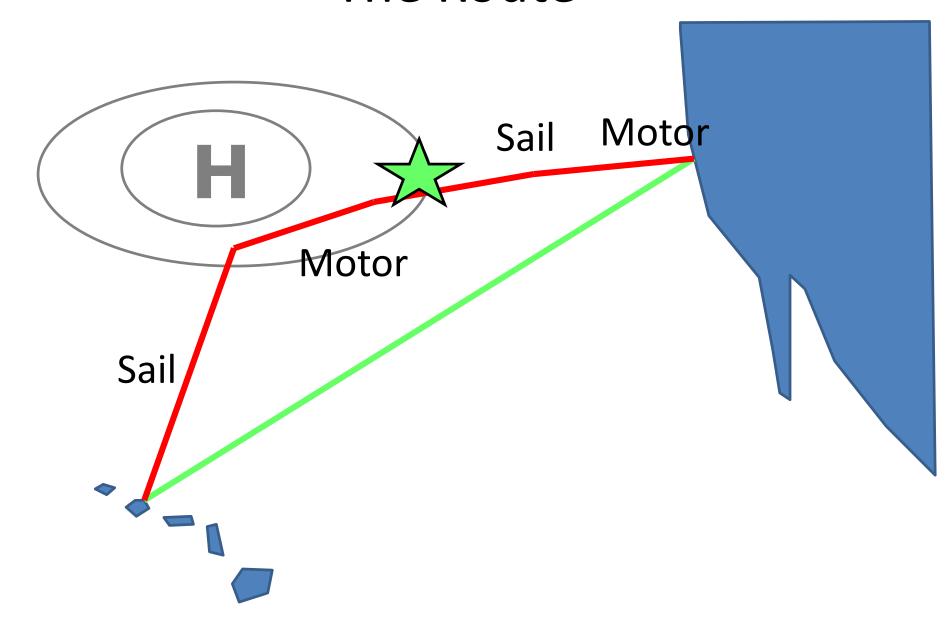


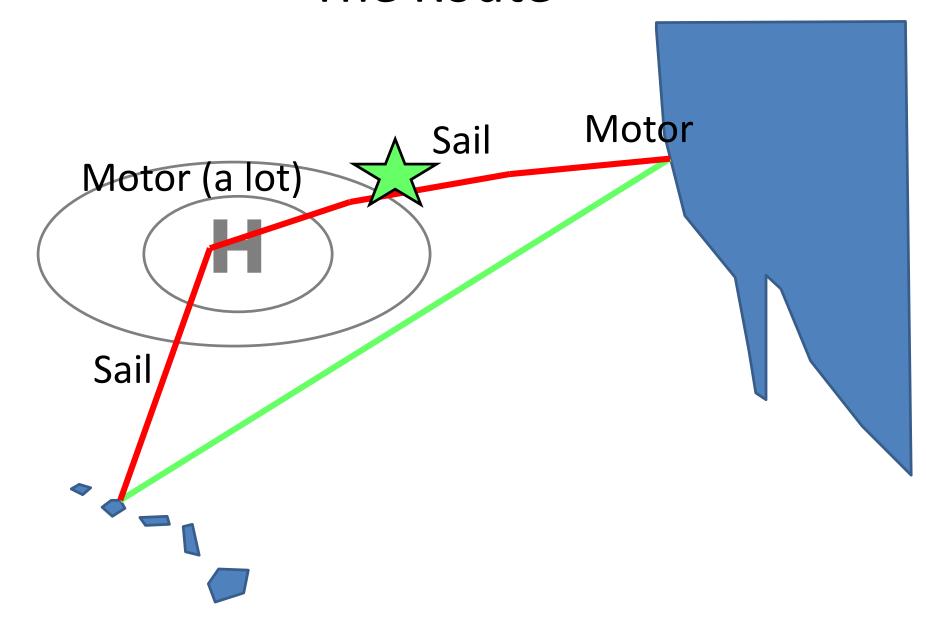
The average of mean hourly wind speeds (dark gray line), with 25th to 75th and 10th to 90th percentile bands.

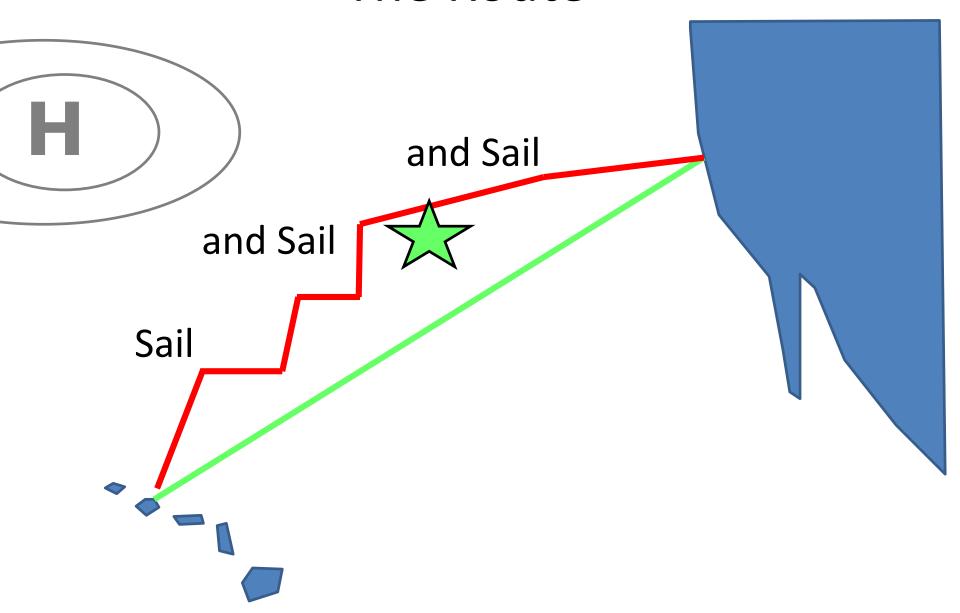
# Don't Delay – but avoid bashing

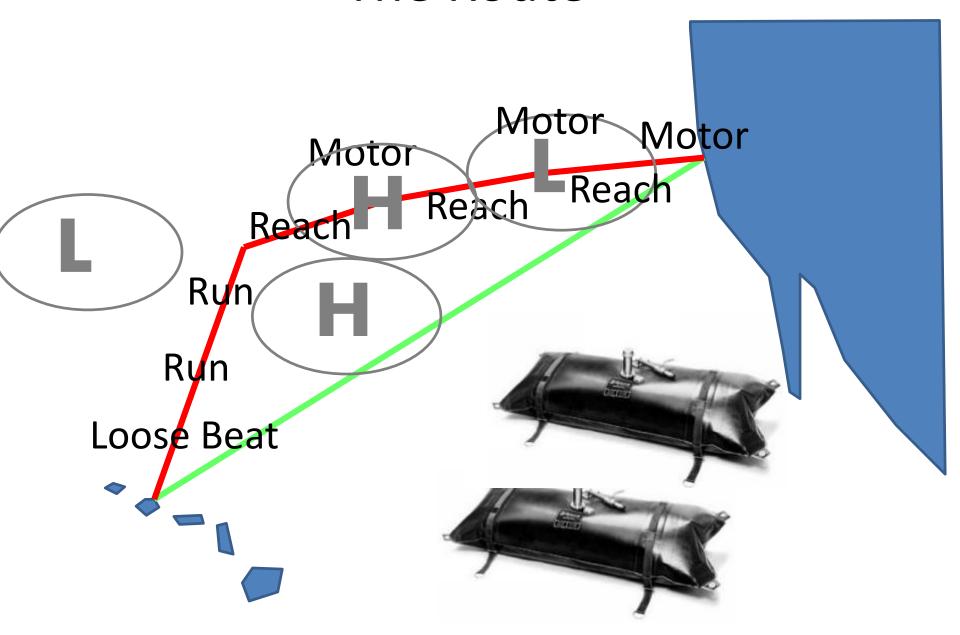














10k

18k

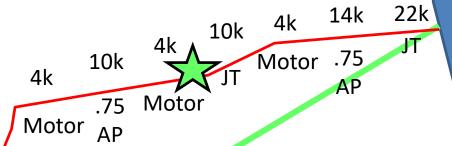
12k

WJ

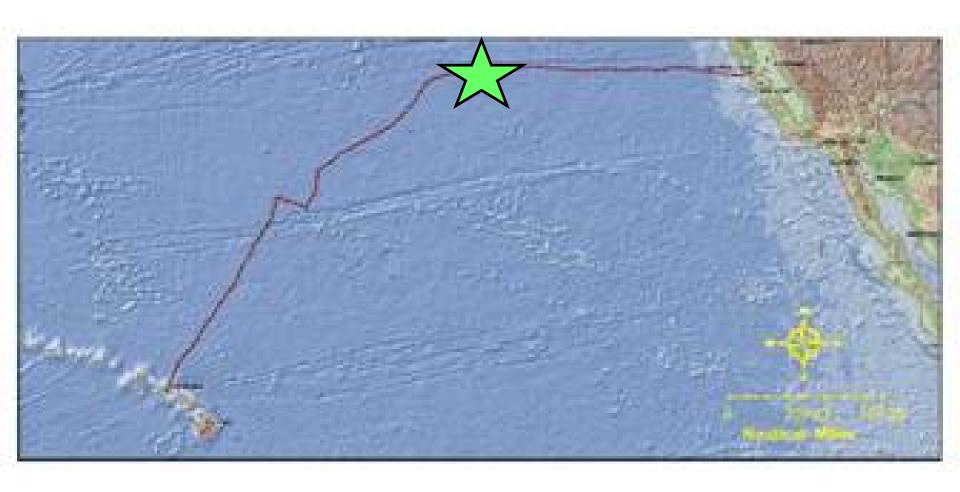
RM

WJ

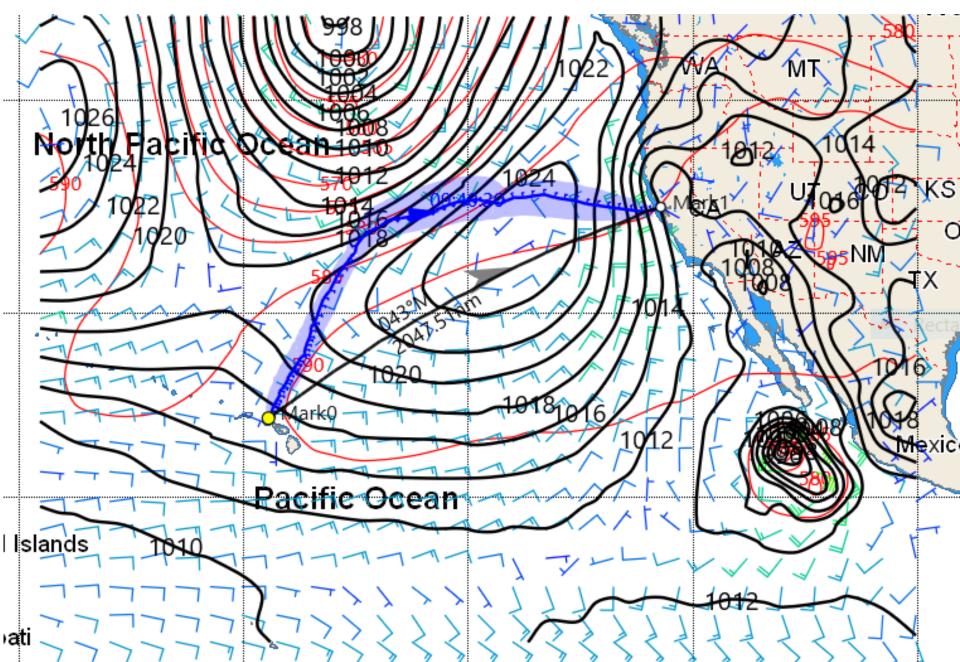
WJ







#### **Crystal Ball Gazing**



#### Communications



#### **SSB Roll Call and Sharing**

Daily 6pm
Starting Monday
4A to start (6A fallback)
Voluntary

# Medical



#### MEDICAL ADVICE CONTACT NUMBERS

Primary Telephone (202) 715-4219

Alternate Telephone (202) 741-2936

Backup (202) 715-4121

Facsimile (202) 741-2214

EMAIL <u>GWMMA@GWmaritime.com</u>

(non-emergent messages only)

#### ADMINISTRATION

Kai Neander (202) 741-2918

Program Supervisor kneander@mfa.gwu.edu

James Betz Program Manager (202) 741-2905

jbetz@mfa.gwu.edu

Francis O'Connell, MD (202) 741-3477

Medical Director



#### MEDICAL ASSESSMENT GUIDE

Vessel Name:

Patient

Name: Date Patient Sex:

Medical Provider Name:

Next port of call:

Time/Date to next port:

Chief Complaint:

Signs and Symptoms of Complaint:

Allergies:

Medications:

Previous

Illnesses/Surgeries:

Vital Signs:

Time BP HR RR TEMP

Physical Examination:

(Refer to Assessment Guide in MMA Manual)

MMA Physician's Name: Medical Advice:

Rev. April 2016

# Medical

Three broad spectrum antibiotics such as...

amoxicillin
doxycycline
cephalexin
Ciprofloxacin ("Cipro")



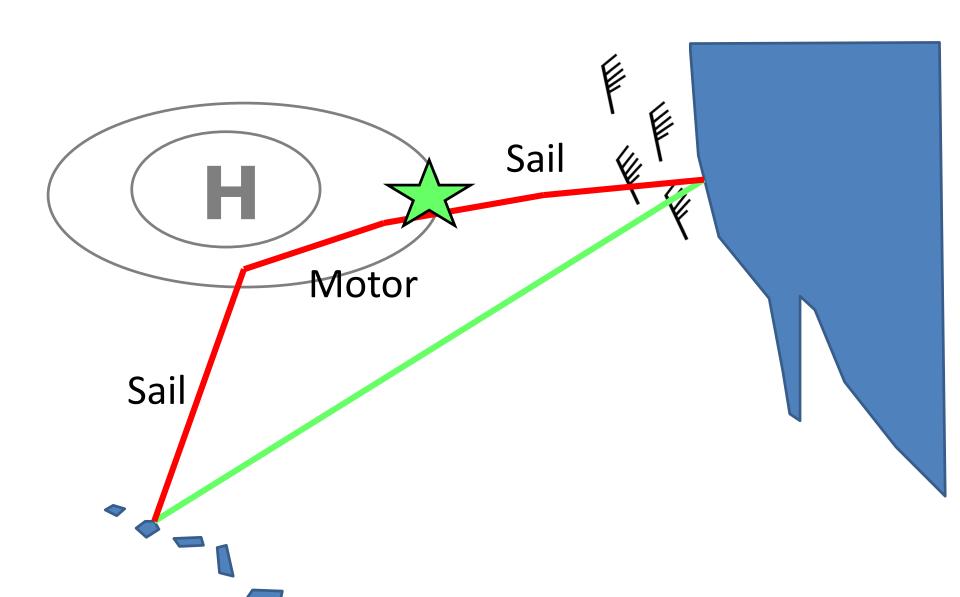
Talk to your doctor... maybe see a travel doctor

# YellowBrick (tracking)



Last...

Work with the weather... not against it!



# Really last... Ship the boat home?



# **Getting Home**

