

SV Surprise

Pacific Cup Notebook – Sample sheets

For 2004, the Race Committee supplied notebook had the following sections:

- 1 Roll call log (a sheet for each day)
- 2 Fleet and division information
- 3 Communication Plan
- 4 Sailing Instructions
- 5 Trophy Information

To this we add the following:

Daily log sheets

*Watch schedule**

*Daily task sheets with galley assignments and weather fax times**

Additional communications information:

List of pre-programmed frequencies on radios

Sailmail and airmail/Getfax information and frequencies

Station license

Other sailing information:

Wind and weather: print-outs of weather faxes and grib files

Useful notes from seminars: Stan Honey, Kame Richards et al

*Surprise polars chart with optimal sail configurations**

Tide info at Kanohe Bay for July

Inventory/location of all equipment on the boat

Plan and lists

*Thru hull locations**

Food and medical info

*Menu and meal prep instructions**

*Storage list for food items**

List of contents of medical kit

List of prescription drugs and information sheets

CPR reminder sheet

** means item is also posted in plain view*

PDT UTC ITEM

1:08	8:08	NMC 24Hr. Surface prognosis
1:18	8:18	NMC 24HR Wind/Wave
1:28	8:28	NMC 48Hr. 500mb
1:38	8:38	NMC 48Hr Surface prognosis
1:48	8:48	NMC 48Hr Wind/wave Prognosis
1:58	8:58	NMC Sea state analysis
2:08	9:08	NMC Sat. photo
2:19	9:19	NMC Surface analysis
2:32	9:32	NMC Surface analysis
2:44	9:44	NMC Sat. photo
6:00	13:00	Charge/refrigeration Check Bilge _____
7:18	14:18	NMC 96Hr 500mb prognosis
7:28	14:28	NMC Surface prognosis
7:38	14:38	NMC Sat. photo
7:48	14:49	NMC Sat. photo
8:00	15:00	NMC Sea state analysis
8:10	15:10	NMC Tropical wind/wave
8:20	15:20	NMC Surface analysis
8:45	15:45	NMC 500mb analysis
9:00	16:00	Position/Rollcall
11:00	18:00	SITOR fax NMC
12:33	19:33	NMC 24 Hr Surface forecast
12:43	19:43	NMC 24 Hr Wind/wave forecast
12:53	19:53	NMC 48Hr. 500mb
13:03	20:03	NMC 48Hr Surface forecast
13:13	20:13	NMC 48Hr Wind/wave forecast
13:23	20:23	NMC 48Hr Wave period forecast
13:33	20:33	NMC 96Hr 500mb forecast
13:43	20:43	NMC 96Hr Surface forecast
13:53	20:53	NMC 96Hr Wind/wave forecast
14:03	21:03	NMC 96Hr Wave period forecast
14:13	21:13	NMC Sat. photo
14:37	21:37	NMC Surface analysis
14:49	21:49	NMC Tropical analysis
15:00	22:00	Childem's hour
17:00	0:00	SITOR fax NMC
18:03	1:03	KVM N Pacific Surface analysis
18:28	1:28	KVM 48Hr Surface prognosis
18:48	1:48	KVM Tropical Surface Analysis
19:00	2:00	Charge/refrigeration Check Bilge _____
19:35	2:35	Tropical wind wave
19:48	2:48	NMC Sat. photo
19:59	2:59	NMC Sat. photo
20:10	3:10	NMC Sea state analysis
20:20	3:20	NMC Surface analysis
20:45	3:45	NMC 500mb analysis
21:08	4:08	48Hr.Topo wind/wave

Date: _____

Sailmail window 2:44-7:00
 Charge ___ Ref. ___ Water: F ___ A ___

Lat: _____ Lon: _____

Charge ___ Ref. ___ Water: F ___ A ___

Sailmail window 21:30-1:00

Galley: _____

MARINE RADIO PREPROGRAMMED FREQUENCIES				
channel on keypad and press RX				
Memory #	Frequency			
1	2500	WWV Time		
2	5000	WWV Time		
3	10000	WWV Time		
4	15000	WWV Time		
5	20000	WWV Time	USB	
6	2182	USCG Emergency		
7		4M USCG Simplex		
8		6M USCG Simplex		
9		8M USCG Simplex		
10		12M USCG Simplex		
11		16M USCG Simplex	Pt. Reyes	Honolulu
12		USCG ITU 424	24 hours	0600-1800
13		USCG ITU 601	24 hours	24 hours
14		USCG ITU 816	24 hours	24 hours
15		USCG ITU 1205	24 hours	1800-0600
16		USCG ITU 1625		
17		KLB ITU 417	Radiotelephone	
18		KLB ITU 805	Radiotelephone	
19		KLB ITU 1209	Radiotelephone	
20				
21				
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26				
27				
28				
29				
30				
31				
32				
33				
34				
35				
36	3903	HAM 80M	LSB	
37	7243	HAM 40M	LSB	
38	14305	HAM 20M	USB	
39	14313	Ham Pacific Seafarers Net	USB	
40				
41				
42				
43				
44				
45				
46				
47				

Harness/Lifejacket Policy

Harness/Lifejacket must be worn in the following conditions:

- At night
- Whenever foul weather gear is worn
- Whenever there is a reef in the mainsail
- Whenever true wind is above 25 knots on a sustained basis.
- Whenever someone is on the foredeck.

Crisis Management

Man overboard:

- GPS
- Spotter
- Drop MOM
- Helm
- Lifesling
- Throw rope
- Halyard
- Communicate if necessary

Rig failure:

- Check for injuries
- Clear debris
- Rig sail
- Communicate

Water in boat:

- Deploy and man pumps
- Find source and stop intrusion
- Communicate

Abandon ship:

- Prepare raft for launch
- Trigger EPIRB
- Communicate MAYDAY
- Grab bags
- Water
- Lifejackets

Heel	Windspeed - True												
	13.5	16.5	18.8	20	21	22.6							
	TAWA 23	24	25	25	26	28							
TWA	8.0	10.0	12.0	14.0	16.0	18.0	20.0	22.0	24.0	26.0	28.0	30.0	32.0
40		7.0	7.3	7.5	7.7	7.8	7.8	R	R	R	R	R2	R2
45	6.7	7.4	7.7	7.9	8.1	8.2	8.2	7.5R	R	R	R	R2	R2
50	7.2	7.7	8.0	8.2	8.3	8.4	8.4	8.1R	8.1R	R	R	R2	R2
60	7.7	8.2	8.4	8.6	8.7	8.8	8.8	R	R	R	R	R2	R2
70	8.0	8.5	8.7	8.9	9.1	9.2	9.2	9.5	R	R	R	R	R
80	8.1	8.6	9.0	9.2	9.3	9.5	9.6		R	R	R	R	R
90	8.1S	8.7	9.1	9.4	9.6	9.8	9.9	10.6		R	R	R	R
100	8.2	8.8S	9.1S	9.4	9.7	9.9	10.1		10.0	R	R	R	R
110	8.1	8.7	9.2	9.5S	9.8S	10	10.3S	11.2			R	R	R
120	7.6	8.6	9.1	9.6	10.1	10.4	10.7						
130	7.4	8.2	8.9	9.4	10.0	10.6	11.1						
140	6.7	7.7	8.4	9.0	9.6	10.2	10.8					12.6	
150		7.1	7.9	8.5	9.1	9.7	10.2	10.5					
160			7.6	8.1	8.6	9.2	9.7	10.5		11.6		12.0	
170					8.3	8.8	9.3	10.5	11.4				
180	4.8	5.9	6.7		8.4			10.4					

S=Min Sp

R=Reef



DW Target
DW AWA

144	149	155	164	169	170	171							155
91	106	124	145	158	161	164	164						

WWW Tide and Current Predictor

Web interface by [Dean Pentcheff](#).

Calculations and graphics by [David Flater's XTide Program](#).

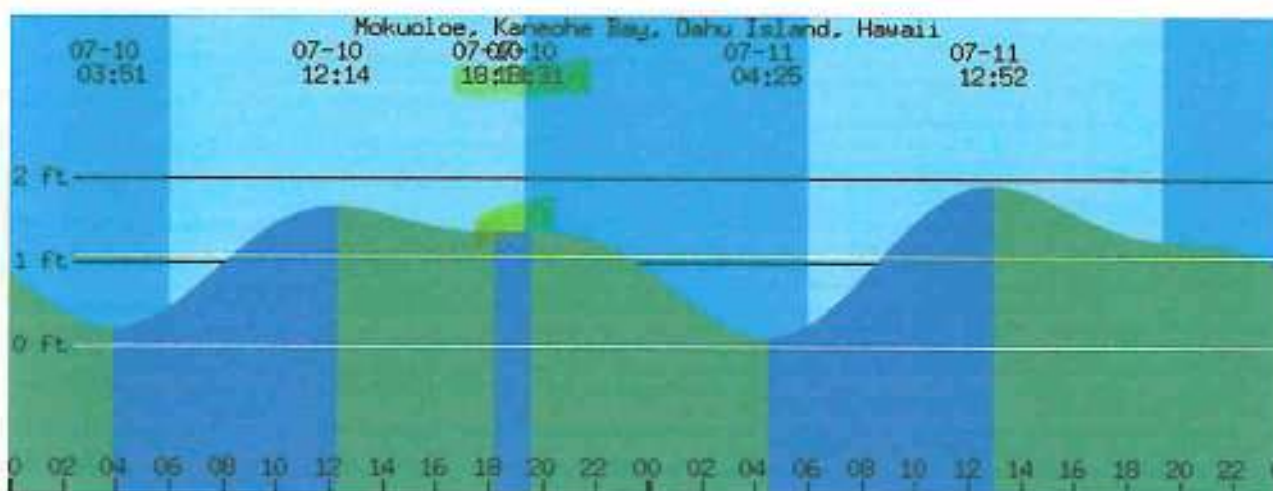
([Pick a different site](#) | [Frequently Asked Questions](#))

NOT FOR NAVIGATION. This program is furnished in the hope that it will be useful, but **WITHOUT ANY WARRANTY**; without even the implied warranty of merchantability or fitness for a particular purpose. Do not use this program as a basis for any decisions that could result in harm to people, other organisms, or property. Check these predictions against officially sanctioned tables. Agencies like NOAA exist because there is a need for certifiably correct tide predictions. Do not rely on these predictions if you need guaranteed results. There is **NO WAY** we can get certified data on a zero budget. We rely on users like you to tell us when something is wrong. Please continue to do so.

Remember that weather conditions affect tidal ranges and current speeds, sometimes very strongly.

Mokuoloe, Kaneohe Bay, Oahu Island, Hawaii

10 July 2004 - 11 July 2004



If present, horizontal lines mark mean sea level and datum (usually mean lower low water). Colors under the curve indicate rising and falling tide (not ebb and flood currents).

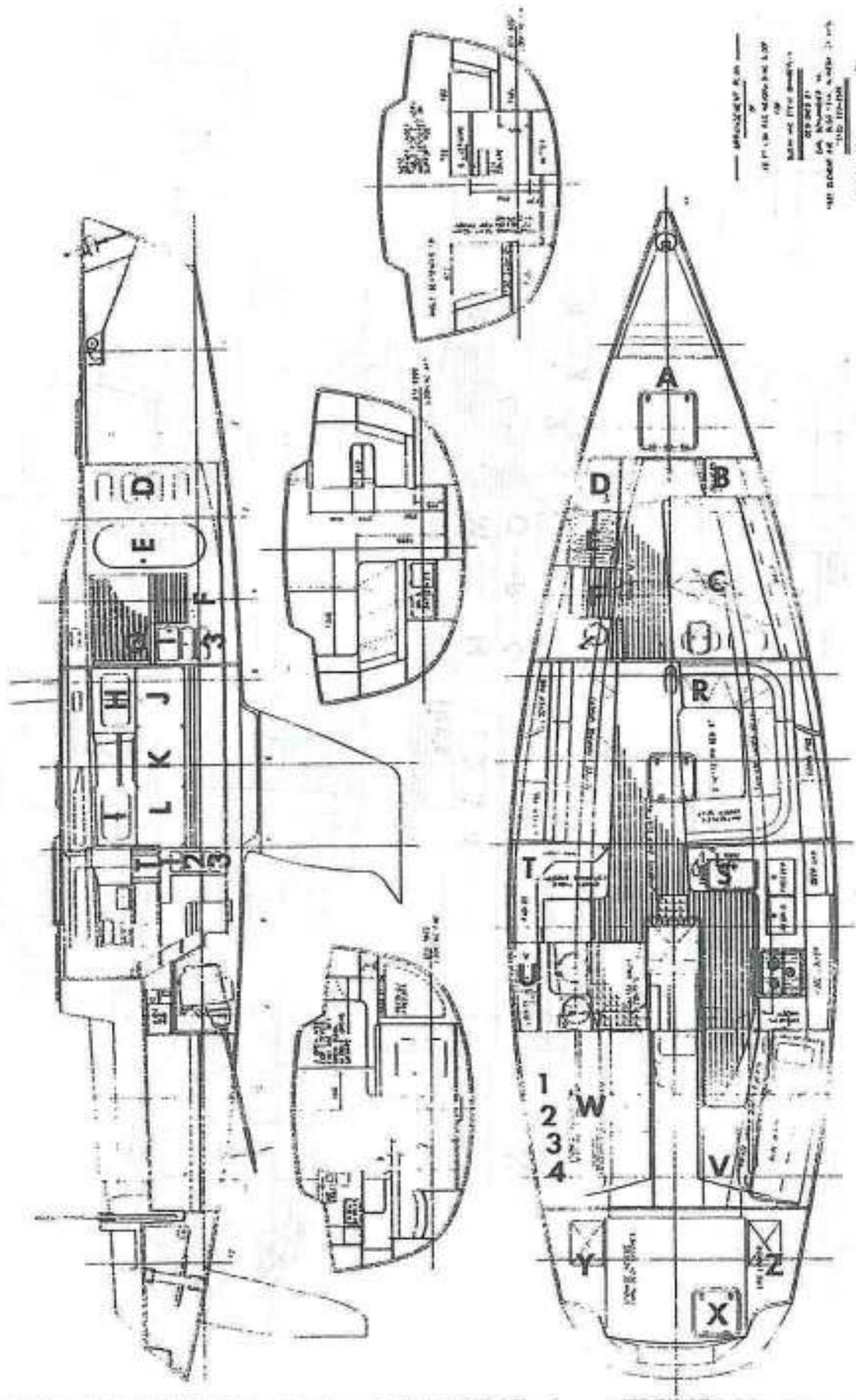
[Make Prediction Using Options](#)

Prediction Options

[Select a different site](#)

Select display type

- Tabular List (quickest)
- Text Plot (Plot Type: Horizontal Vertical) (more plot options below)
- Graphic Plot: size 640 by 240 pixels (more plot options below)
- One-Month Calendar (Type: Compact Compact+ Calendar Text)
- Extreme Highest and Lowest Tides Only



ARCHITECTURAL PLAN
 OF THE U.S. S.S. "ALBATROSS"
 OF
 185 TONS NET TONNAGE
 DESIGNED BY
 JAMES H. BROWN
 U.S. NAVAL ARCHITECT
 1880
 1881
 1882

Pacific Cup Items by Location

Location	Item	Model	Notes
*	Abandon ship bag		Tied under table
	Batteries	Gel	Under settee
	CO detector	MTI 541M	
	Engine fire extingui	Automatic	
	Fans-Hella Turbo-8		
	Fire extinguishers		At galley and mast
	Fuel tanks (2)		Under port/stbd settees
	Galley equipment		See separate inventory
	Jacklines		
	Jib top	Quantum	
	Leecloth lines		
	Lifesling	A-LSRECCG-CS	Pushpit
	Man Overboard Mo	M.O.M. 8	Pushpit
	Radar post	Custom	
	Sail-80% jib-Spectr	Quantum	New 3/5/04
	Sail-jib-Spectra	Quantum	New 2/5/01
	Sail-main-Spectra	Quantum	New 2/5/01
	Thru-hull plugs	Wood	Tied to each thru-hull
A	Anchor & rode-smal		
	Reaching strut		\$ incl. in rig price
	Sail-storm jib	ATN	New 11/97
	Sail-storm trysail		
	Sheets, guys, etc.		
	Spinnaker net	PTS	New 4/04
	Spinnaker socks/tac	ATN-2	
	✓ Spinnaker-0.9	.9 oz poly	
	✓ Spinnaker-1 1/2	1.5 oz fract'l	
	✓ Spinnaker-1/2 oz.	0.5 oz mh	
	✓ Spinnaker-3/4	.75 oz mh	
	✓ Spinnaker-3/4 oz.	.75 oz. masthead	
ASBag	Emergency food bar	24	In abandon ship bag
	Flares- 2 Red Mk 7	Xpire	In abandon ship bag
	Flares-2 Para Red	Xpire	In abandon ship bag
	GPS-Handheld	Garmin 75	
	Sail #		In abandon ship bag
	Signal mirror		

Pacific Cup 2004

SURPRISE

Menu and Meal Preparation

LOOK ON STORAGE LIST FOR LOCATION OF ITEMS

ALL FROZEN MEALS GET TAKEN OUT OF FREEZER IN THE MORNING!! PUT IN OVEN (OFF)

June 30 - Wednesday

DINNER: CUP OF SOUPS-Add boiling water. SWEDISH MEATBALLS-Heat water in pressure cooker, Put one or more bags in for about 20 minutes. Same with instant rice if desired, about 15 minutes.

July 1 - Thursday - Meal Day 1

BREAKFAST: ORANGE JUICE-Use 64oz container in frig. OATMEAL-Add boiling water. W/CRAISINS
LUNCH: PB&J OR TURKEY SANDWICHES-Turkey, mayo and lettuce planned, FRUIT (APPLE or ORANGE)
DINNER: SWEDISH MEATBALLS-See above RICE-Ditto. PEAS-Make a small slit in bag and microwave for 5 minutes or so. PUDDING CUPS

July 2 - Friday - Day 2

BREAKFAST: GRAPEFRUIT JUICE-Use 64 oz container in frig. Steve gets leftover OJ because he can't drink grapefruit.
BAGELS & CREAM CHEESE
LUNCH: SOUP-Add milk from frig. TUNA SANDWICHES-Tuna, mayo, pickle relish, lettuce. CARROT/CELERY-
Need to chop celery into STICKS
DINNER: BILL'S CHICKEN/RICE-Heat for 60 minutes + at 350, depending on state of defrost. GREEN BEANS-Trim ends, add a about an inch of water to saucepan and steam for 5+ minutes. COOKIES-Raspberry Spritz

July 3 - Saturday - Day 3

BREAKFAST: ORANGE JUICE-Use 32 oz container in frig+leftover. EGG AND CHEESE BURRITOS W/SALSA-
Scramble a dozen eggs, warm tortillas in microwave (30 seconds). Assembly line eggs, shredded cheese and salsa (drain) onto tortillas, roll and wrap in a paper towel.
LUNCH: HOT DOGS-Dogs can be boiled for a group. For one at a time, put in bun, wrap in paper towel and microwave for 45 seconds. Condiments are yellow mustard, relish and catsup. PRINGLES-One can CHERRY TOMATOES
DINNER: BOB'S SHRIMP JAMBALAYA-Heat for 60 minutes + at 350, depending on state of defrost. CORNBREAD-
Hah, a challenge! Mix and bake according to directions, using an egg. FRUIT CUP-Serve from cans.
Take chicken-apple sausages out of freezer and put in frig.

July 4 - Sunday - Day 4

BREAKFAST: GUAVA JUICE-Use 64 oz container in frig. MACNUT PANCAKES-Mix pancakes w/eggs according to directions on can. Griddle is in cabinet under oven. Use a very little corn oil. Syrup. CHICKEN APPLE SAUSAGES-Don't need to cook, just heat and brown in frypan.
LUNCH: CHICKEN SALAD SANDWICH-Canned chicken, pimentos, mayo, lettuce. CARROT/CELERY-Celery needs to be cut into STICKS
DINNER: BBQ BRISKET-Unwrap from foil and plastic, add a little BBQ sauce to the pan, cover w/foil and heat at 350 for 30 minutes. Take out while TATER TOTS heat at 450 for 18 minutes. Slice thin. TOMATO SALAD-Slice tomatoes, add a little basil and feta cheese+dressing. PEACH COBBLER-See if you can talk an afternoon off-watch person into making this before dinner.

July 5 - Monday - Day 5

BREAKFAST: MELON SLICES, ALMOND POPPYSEED MUFFINS-Make muffins according to directions.
LUNCH: SALAMI AND CHEESE, OLIVES, CRACKERS, DRIED FRUIT
DINNER: SALMON W/HOLLANDAISE-Sauté salmon in butter/oil combo, make hollandaise w/shelf milk according to envelope directions. ROAST POTATOES-Heat in 450 oven for 20-25 minutes, BROCCOLI-Trim and steam or microwave for 8 minutes, ICE CREAM PIE-Take from freezer just before serving.

July 6 - Tuesday - Day 6

BREAKFAST: ORANGE JUICE-Use 12oz concentrate from freezer, add water. EGG AND CHEESE BURRITOS W/SALSA-See above Day 3. FRUIT-Orange slices.
LUNCH: HOT DOGS-See Day 3. PRINGLES-One can.
DINNER: JEFF'S CHICKEN ENCHILADAS-Heat covered in 350 over for 60 minutes +. GUACOMOLE, GREEN SALAD + Dressing. BROWNIES-Make in the afternoon.

July 7 – Wednesday – Day 7

BREAKFAST: GRAPEFRUIT JUICE-Use 12oz concentrate from freezer. COFFEE CAKE-Make according to directions.
LUNCH: QUESADILLAS W/SALSA-Warm flour tortillas briefly in microwave to make flexible, add shredded cheese and green chilies + a little taco sauce to one half, fold over and heat until lightly browned in skillet. No oil. Serve w/salsa.
TORTILLA CHIPS, CHERRY TOMATOES
DINNER: SUTTER'S BEEF STROGANOFF-Heat at 350 oven for 60 minutes, etc. ZUCCHINI AND CARROTS-Slice zucchini and carrots into julienne and microwave for about 7 minutes. PUDDING CUPS

July 8 – Thursday – Day 8

BREAKFAST: CRAN/APPLE JUICE-From jug. FRENCH TOAST-Beat eggs (about 8-save one for Day 10 muffins) w/ a little milk, soak bread briefly and sauté in butter. BACON STRIPS-Heat per instructions.
LUNCH: HAM AND CHEESE SANDWICHES-Ham, cheese, mayo, honey mustard, perhaps lettuce. PICKLES, PRINGLES
DINNER: LISA'S CHICKEN SATE W/CURRIED RICE-Heat covered, as usual. CHUTNEY, ASIAN COLE SLAW-Shred cabbage, slice water chestnuts, mix peanut sauce w/little mayo to make dressing. FRUIT CUPS

July 9 – Friday – Day 9

BREAKFAST: GUAVA JUICE-From jug. CEREAL, MILK, FRUIT
LUNCH: PASTA SALAD W/CHICKEN-Boil pasta, add dressing. COLE SLAW-Shred cabbage, add pineapple, thin mayo w/pineapple juice for dressing.
DINNER: SUSAN'S SPINACH LASAGNA-Heat a usual. TOMATO SALAD-Slice tomatoes, add feta cheese and a little dressing. BREAD STICKS, COOKIES-Bake per Jeff's instructions.

July 10 – Saturday – Day 10

BREAKFAST: CRANBERRY JUICE-From jug. OATMEAL, MUFFINS, APPLE or ORANGE
LUNCH: TUNA SANDWICH, FRUIT CUPS
DINNER: PENNE PASTA W/SUNDRIED TOMATO SAUCE

DRINKS: COFFEE, TEA, HOT CHOCOLATE, CRYSTAL LITE, CYTOMAX, WINE/BEER/DIET COKE, WATER
SNACKS: RICE CRISPIE TREATS, NESTLE CHOC CHIP COOKIE CANDY BARS, MINTS, TOOTSIE POPS, POPCORN, A FEW LUNA BARS FOR THOSE WHO WANT NUTRITION INSTEAD OF SUGAR RUSH

July 11 to 20 (8 days) Most in box in aft compartment. Noodles in C-3

Tang - 11 QT

Instant oatmeal = 14 apples&cinnamon, 14 mixed, 14 maple/brown sugar

Cereal bars = 14

Maruchan Noodles-shrimp = 24

Soup + fry bread = 7

Cous-cous = 28

Freeze-dried entrees:

Beef stroganoff and green beans = 7

Beef stew = 7

Bandito egg scramble = 7

Chili + bacon = 7

Tortellini = 7

Pasta salad + chicken = 7

Pasta salad + tuna = 7

Brown rice jambalaya and sausage = 7

RED BOX MEDICAL SUPPLIES

CATEGORY	ITEM	PURPOSE	SIZE/TYPE	#
DRESSINGS	2nd SKIN	BURNS	2" X 3"	5
	ACE BANDAGE	SPRAIN	2"	2
	BANDAIDS		STRIP	8
	BANDAIDS		FINGERTIP	16
	BANDAIDS		KNUCKLE	15
	BIO-CLUSIVE	WOUND	2" X 3"	5
	COTTON BALLS			20
	COTTON SWABS			24
	NEW SKIN LIQUID BANDA	BURNS	PACKET	10
	PROXI-STRIP	WOUND CLOSURE	.5" X 4"	18
	SOF-GAUZE	WOUND WRAP	4" X 2YD	1
	SOF-GAUZE	WOUND WRAP	2" X 2YD	1
	SUPERGLUE	WOUND CLOSURE	2G TUBE	1
	TRIANGLE BANDAGE	SLING		1
	WATER-JEL	BURN DRESSING	2" X 6"	1
	WATERPROOF TAPE		1" X 5YD	2
	XEROFORM	MEDICATED GAUZE	5"X9"	3
	XEROFORM	MEDICATED GAUZE	1"X8"	3
	ZONAS	TAPE	1" X 10YD	1
	ZONAS	TAPE	2" X 10YD	1
IMPLEMENTS	COLD COMPRESS	ICEPACK		1
	FINGERGUARD			1
	LATEX GLOVES			10
	PENLIGHT			1
	SAM SPLINT		30"	1
	SCISSORS			2
	THERMOMETER			1
	TWEEZERS			1
	WIRE SPLINT		4" X 30"	2
OINTMENTS, ETC	ALCOHOL SWABS	DISINFECTANT	FOIL PACK	16
	BENZALKONIUM CHLORI	ANTISEPTIC	PACK	7
	DIBUCAINE	BURN, PAIN	1 OZ	1
	HYDROCORTISONE 1%	ITCH	1 OZ	1
	MICONAZOLE NITRATE 2	FUNGUS	1 OZ TUBE	1
	MURINE EYE DROPS	DRYNESS	.5 OZ	1

CATEGORY	ITEM	PURPOSE	SIZE/TYPE	#
OINTMENTS, ETC	NEOSPORIN PLUS	PAIN/INFECTION	1 OZ	1
	TRIPLE ANTIBIOTIC	INFECTION	FOIL PACKET	8
ORAL MEDICATION	EX-LAX	CONSTIPATION	90 MG	8
	IMODIUM A-D	DIARRHEA	2 MG	6
	MYLANTA	GI UPSET	TABLETS	24

PRESCRIPTION DRUGS

ITEM	PURPOSE	NOTES	SIZE/TYPE	#
ACETAMINOPHEN W/CODEINE	PAIN	SAME AS TYLENOL W/COD	300MG	40
ALPRAZOLAM	ANXIETY	GENERIC FOR XANAX	.25MG	30
CELEBREX	PAIN		200MG	14
CEPHALEXIN (KEFLEX)	SKIN OR URINARY TRACT INFECTION	ANTIBIOTIC	500MG	40
COMPRO	NAUSEA (SUPPOSITORY)	USE PROCHLORPERZINE 1ST	25MG	10
CYCLOBENZAPRINE HCL	MUSCLE RELAXANT	SAME AS FLEXERIL	10 MG	30
DIAZEPAM (VALIUM)	ANXIETY		5 MG	30
EPIPEN	ANAPHYLACTIC SHOCK	INJECTED	.3 MG AUTO I	2
ERYTHROMYCIN	RESPIRATORY TRACT INFECTION	SAME AS LEVAQUIN	250 MG	30
IBUPROFEN	PAIN RELIEF		200 MG	
LEVAQUIN	SKIN, RESP, URINARY INFECTIONS	ANTIBIOTIC	500MG	10
PREDNISONE	ALLERGIC REACTION	ONLY AFTER BENADRYL	5 MG	20
PROCHLORPERAZINE	NAUSEA OR MENTAL	USE BEFORE COMPAZINE	10 MG	40
SILVADENE	BURNS	SKIN INFECTIONS FROM 2ND + BURNS	50 G CREAM	2
TRANSERSCOPALOMINE	SEASICKNESS		1.5MG	2