Double Handed Pac Cup

Mark English and Ian Rogers

Why Doublehand the Pac Cup

- Adventure
- Challenge
- Lack of Friends
- Hate Sleeping


"Captain, do you know if they still have Mai Tai's at the KYC Bar?"
Some much needed social interaction

Sails for Double Handing

- Reefable jibs
- Poled out jib (survival)
- Out grabber (depower symmetric kites)


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© Leslie Richter

A5 - Note 2nd set of self tailing winches

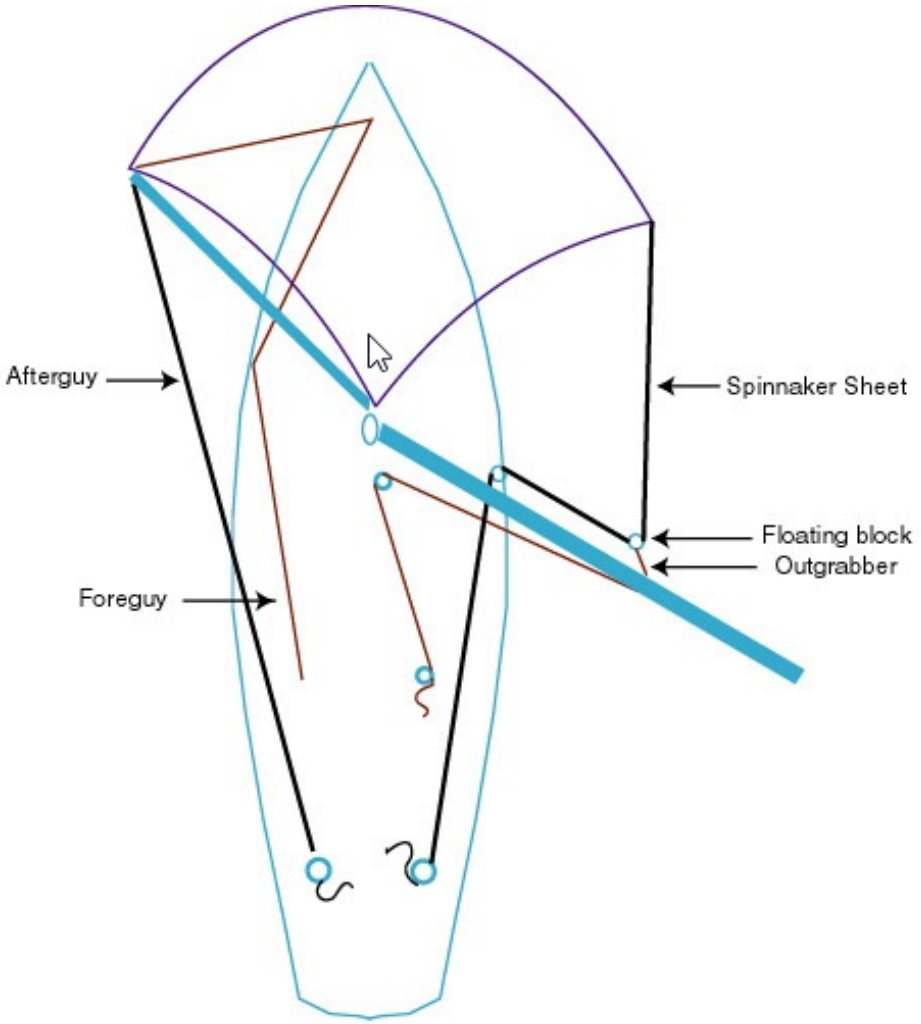
Test before hand

Jib lead location outboard.

Test before hand

Find Stress Points

Outgrabber



Outgrabber line leads from cabintop winch, forward to turning block at vang, aft along underside of boom, through turning block at mainsheet bails and dead ends at floating block. Floating snatch block pulls spinnaker sheet outboard to increase sheeting angle.

Credit: http://honeynav.com/

Outgrabber in use

Sleep Deprivation Sets in…

Watch System

- 3/3 hr (matches up with saildocs)
- 2/2 Hour
- 3 hours in the day, 2 hours at night

	A	B	Notes: Saildocs Weather Files
12:00:00 AM			0:00 PDT NDFD
3:00:00 AM			4:30 PDT GFS
6:00:00 AM			6:00 PDT NDFD; 8:00 PDT Check in
9:00:00 AM			10:30 PDT GFS
12:00:00 PM			12:00 PDT NDFD
3:00:00 PM			16:30 PDT GFS
6:00:00 PM			18:00 PDT NDFD
9:00:00 PM			22:30 PDT GFS
12:00:00 AM			

Food & Drink

- 90% Freeze Dried Diet
  - Ian did Paleo
- Apples and Fresh Eggs
- Water & Jim Beam ===➔
- Caffeine Pros & Cons…

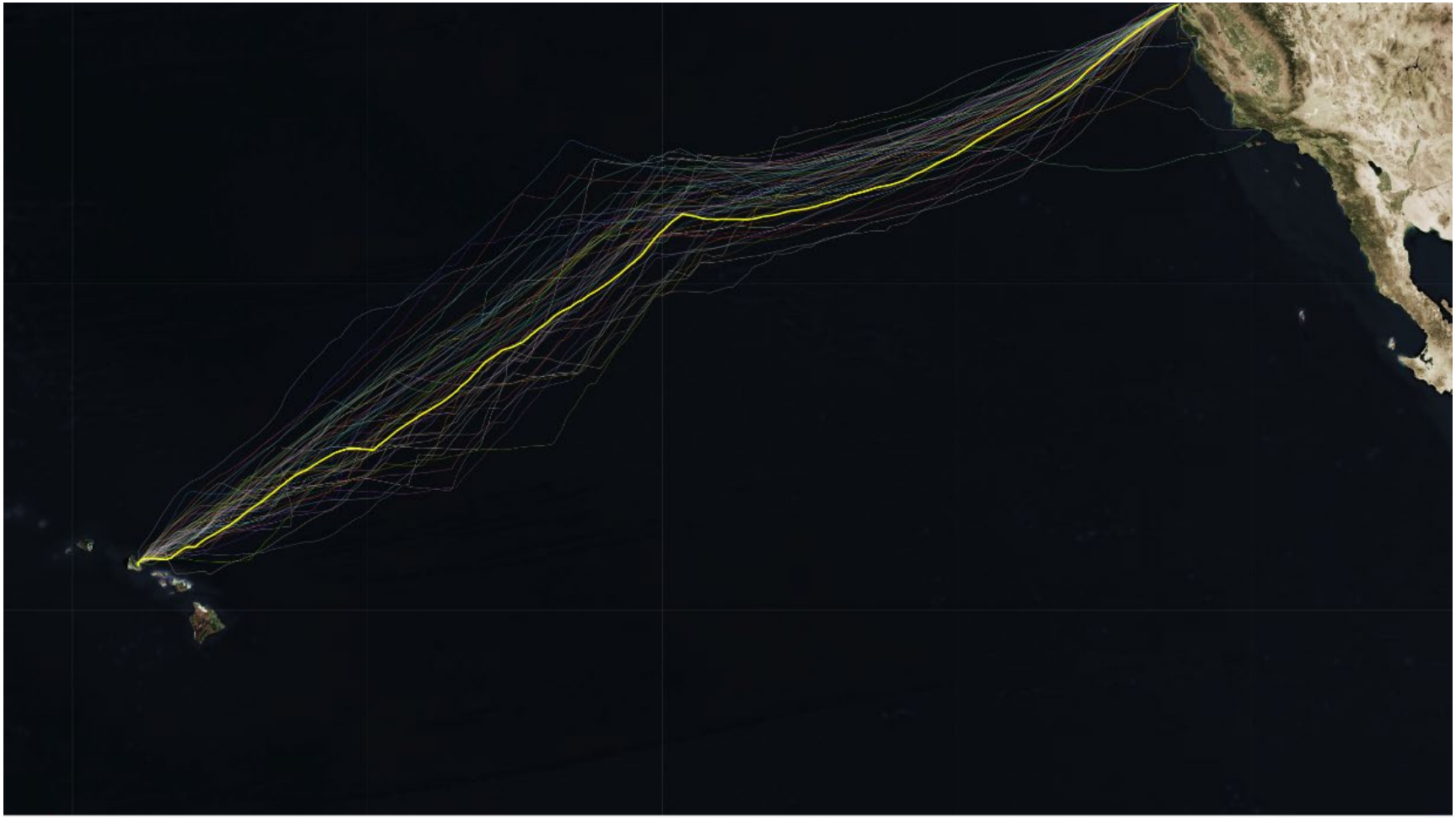
Double-handed Safety

- MOB is exponentially harder shorthanded
- Personal Locator Beacons (PLBs)
- HH VHF & DRC
- Personal AIS
- Practice!


Living
Down
below

Living Down below

The End



PACIFIC CUP

Mas!

Pacific Cup 2016 - Mas!

TRACKING

Autopilot or No Autopilot

Moore 24 - Mas
Energy Consumption Plan
2016 Pac Cup

Description	Hours per day	Amps per hour	Total Amps per day
Instruments Day Time	14	-0.5	-7.0 Amps
Instruments Night Time	10	-0.4	-4.0 Amps
Nav Lights	10	-0.3	-3.0 Amps
Iridium Go & Laptop	1	-1.3	-1.3 Amps
VHF	1	-1	-1.0 Amps
Total Draw			**-16.3 Amps**
1st Solar Panel - 23W Solbian			7.5 Amps
Peak (10am - 3pm)	5	1.1	5.5 Amps
Non-peak (8am-10am, 3pm-6pm)	5	0.40	2.0 Amps
2nd Solar Panel - 23W Solbian			7.5 Amps
Peak (10am - 3pm)	5	1.1	5.5 Amps
Non-peak (8am-10am, 3pm-6pm)	5	0.40	2.0 Amps
Total Charge			**15.0 Amps**
Total Overage/(Deficit)			**-1.3 Amps**

Lithium Battery :	**120 Amps**
Percent of usable battery capacity	**50%**
Total days sustainable with deficit	**46 Days**