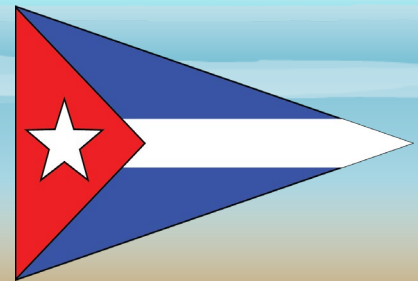
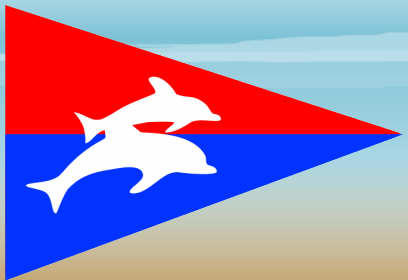




POA # 3 What To Bring

PACIFIC CUP SEMINAR
SKILLS TO DEVELOP FOR YOUR OFFSHORE ADVENTURE



Less is faster!

- More gear is more **weight** - One extra pound on the boat loses 6 seconds from here to Hawaii
- More gear is more **clutter** - a tidy boat is a fast boat
- Find out what the **boat supplies** and don't bring that!
 - Toothpaste? Sunscreen? Soap? Towels?
 - *Trust the boat*
- Many boats give you a **budget**
 - 50 liters is common for a race boat
 - Or by weight



Clothing



Clothing



Layer	Top	Bottom
Base Layer	<ul style="list-style-type: none">• Thermal, Wool• Tech shirt long & short	<ul style="list-style-type: none">• Thermal, Wool
Mid Layer	<ul style="list-style-type: none">• Insulated Jacket or Fleece	<ul style="list-style-type: none">• Fleece pants• Sailing shorts (padded?)
Outer Layer	<ul style="list-style-type: none">• Sailing shell• Ocean jacket	<ul style="list-style-type: none">• Salopette

Sailing Gear

- **Knife** (Multitool or folding)
- **Light** (headlamp with red or handheld, not your iPhone)
- **PFD and tether:** checked, tested, unexpired
- **Hat.** We like a wide brim. A watch cap for early night passage is good.
- **Gloves.** Warm for early part. Normal for the rest
- **Shoes.** Nonskid deck shoes. Boots when it's wet. Tivos maybe if you want.
- **Jacket and Trousers.** Foul weather, of course. Need not be the ultra stuff if Pacific because it gets warm pretty soon, but the top of the line stuff is better, of course.
 - Mid-layer sailing jacket
 - Off-shore foul weather jacket
 - Off-shore foul weather bibs



Clothing (other)

- **Socks**
 - Thick & wooly
 - Thin & synthetic
 - Waterproof?
- **Shoes**
 - Deck shoes
 - Sea boots
- **Gloves**
 - Deck gloves
 - Helm gloves
- **Headgear**
 - Sun hat / visor
 - Warm hat
 - Buff
 - Balaclava?



Sailing Gear

- **Knife** (Multitool or folding)
- **Light** (headlamp with red or handheld, not your iPhone)
- **PFD and tether:** checked, tested, unexpired
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Life Jacket (aka PFD)



PCER 3.1.1 verbatim

- Each crewmember shall have a life jacket that
 - provides at least 33.7lbs (150N) of **buoyancy**,
 - intended to be worn **over the shoulders** (no belt pack),
 - meeting either **U.S. Coast Guard or ISO** specifications.
- Alternatively, each crewmember shall have
 - an **inherently buoyant** off-shore life jacket
 - that provides at least 22lbs (100N) of **buoyancy**
 - meeting either **U.S. Coast Guard or ISO** specifications

Life Jacket (aka PFD)

PCER 3.1.1.1 verbatim (almost)

- **inspect each life jacket** within 60 days before the start of the race.
- The boat shall have **at least one replacement CO2 cartridge** and rearming kit for each inflatable lifejacket in this section.



Life Jacket (aka PFD)



PCER 3.1.2 verbatim

- Life jackets shall be equipped with
 - crotch or leg straps,
 - a whistle,
 - a waterproof light,
 - be fitted with marine-grade retro-reflective material,
 - and be clearly marked with the boat's or wearer's name
 - and be compatible with the wearer's **safety harness**.
- If the life jacket is inflatable, it shall be regularly checked for air retention.

Sailing Gear

- **Knife**, Multitool?
- **Headlamp with red light** , superbright flashlight?
- **Digital watch**
- **Life jacket**
 - Offshore life jacket meeting PCER requirements 3.1.1 - 3.1.2
- **Tether** (PCER 3.1.4) “The tether shall have a snap hook at its far end and a means to quickly disconnect the tether at the chest end.



And also

- Water bottle
- Sunscreen/Lip balm
- Personal medications or medical devices
 - (Ask Michael about CPAP)
- Eye Mask
- Knee pads
- Sunglasses (x2)
- Music player & headphones
 - Noise isolating earbuds are the best
- Personal AIS beacon (reprogram to boat)
- Personal GPS?
- Seasickness meds??



THE GREAT EARPLUG DEBATE



Don't Pack

- Toys, Books, Games, Puzzles
 - You won't have time
- Personal Alcohol
 - Check with boat booze & pot policy
- Street clothes, extra clothes
- Stuff the boat is supplying
 - Unless it's somehow incompatible with you
 - *Trust the boat*



Packing

- Watertight bag
- Smaller watertight bags (ziploc) inside with stuff.
 - Maybe even use seal-a-meal on the dry underwear
- Bunk Bag
 - A little sack with the things you sleep with, especially if you hot-bunk
- Foulies and Boots
 - Generally hang up somewhere on the boat. You'll need this to let them partly dry anyway.



Will Paxton's Packing List

- Carry-on size, water-tight bag
- 1 pair padded shorts
- 1 set fleece underlayer
- 1-2 pairs thick, breathable socks or seal socks
- Boots
- Deck shoes
- Watch hat
- Hoodie
- 1 long sleeve technical t-shirt (white)
- 1 short sleeve technical t-shirt (white)
- Mid-layer sailing jacket
- Off-shore foul weather jacket
- Off-shore foul weather bibs
- 1 pair breathable underwear
- Wide brimmed sun hat or visor
- Knee pads
- 2 pairs sunglasses
- Digital watch
- Eye mask
- Headlamp with red light
- iPod and headphones
- 3 tubes Chapstick, one for every pocket
- Inflatable PFD with tether and leg straps
- AIS beacon
- Knife*
- Small water-tight box for personal electronics and chargers
- Razor—you might get a bucket shower and a shave half way there



<https://www.pacificcup.org/kb/how-pack-pro-ocean-crossing>