



COUPLES TRAINING OVERVIEW

OUT ISLAND GET AWAY & THE REAL BAHAMAS, CRUISING THE EXUMAS

You have selected segments which will focus on the **live aboard cruising lifestyle**. We will be anchored in the Out Islands of the Bahamas off the beaten path where there are no marina docks to be connected to shore power. Happily this leads to what we cruisers call ZD days. Where zero \$\$ are spent because you are self sustaining in our home away from home. What you will experience during your stay will include the following: His & Hers Teamwork, Provisioning and Cooking aboard, Systems training and the management of limited resources, weather in relation to route planning and anchoring, basic navigation and use of Radar. Sailing between the islands plus time to, snorkel, swim or just walk on a secluded beach or laying on deck at night and star gazing far away from any city lights.

Teamwork: How to communicate with each other for raising the anchor, then navigating out an unmarked channel using visual reading of the water and detailed chart GPS coordinates. How to balance the chores between both of you; provisioning, checking the fluids on the Genset and engine, cleaning out the sea strainers, pumping up the dinghy, running the trash to shore. Keeping the head clean.

Sailing between the islands in Exumas Sound is open water sailing. Sailing to our next anchorage is very important to us and we will endeavor to choose the destination based on the best sailing opportunities. Once out in open water you set sails, in light winds set the mizzen, main, Genoa, staysail and mizzen staysail or maybe even the spinnaker. Too much wind, then just what we need to be comfortable. You will each have the opportunity to hoist, trim and helm the boat, in addition we will review emergency procedures and practice what if scenarios.

Provisioning: Prior to your arrival we will discuss food likes and dislikes and create a menu plan. On board we have a coffee pot, the grill, a wok for a stir fry dish and my personal favorite the Crock pot; No Microwave. I like to balance the guys cooking on the grill with Crock pot meals for days at sea or cooks day off for snorkeling, easy meals that can be prepared in 30 mins. or less.

Once you arrive we will go shopping like the locals for fresh baked bread, fruits and vegetables. Plus what ever additions you would like to add, maybe a bottle of rum or local beer or soda. Loading all the groceries via dinghy ride back to the boat will be its own experience. Then un-packaging it all and riding back to shore to eliminate the garbage before we head out to more remote locations.



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Systems training and managing limited resources. Our boat is equipped with a number of complex systems (SSB, Radar, weather fax, water maker, Genset, air conditioning) that will help you understand the need to monitor power consumption, water consumption and fuel consumption (both gas for the dinghy and diesel for the main engine). This training can include in depth areas such as: bleeding the diesel engine, starting a cranky outboard, cleaning the raw water strainers for the air conditioner or water maker and basic Radar training. We will focus on whatever you choose and the boat will decide on it's own to provide special training.

Weather Routing and Charting: We will listen to the daily local cruisers net which provides us with the local wind wave predictions. In addition we receive via the SSB weather faxes directly from NOAA with the raw weather data. We will show you how to interpret this data in order to decide where will we be sailing or if we need to relocate the anchorage. By using the weather information overlaid with the local charts we can choose which way is going to be the best sailing and anchorage. You will learn how to plot the GPS/Chartplotter course from the current anchorage to the next keeping a written log along the way of; our position, wind speed, boat speed and weather conditions. We may encounter a day of too much wind and wave to move comfortably and choose a dinghy adventure exploring a secluded beach or move the anchorage to make for a more comfortable night. Knowing and understanding the weather can make or break your cruising lifestyle. It is very important to get in sync with the wind gods so you can always enjoy an uneventful trip instead of Mr. Toad's wild ride.