

MISCELLANEOUS GEAR

-Waterproof watch, alarm clock, AA flashlight, waterproof sunscreen and lip screen.

-Polarized sunglasses are a must for looking out for reefs in the tropics. The best are REI Polarized Glacier Glasses #409-158-0011, which include side patches for \$63. REI: 1-800-426-4840. Bring two pair of sunglasses in case you lose a pair.

-Bedding, towels, and beach towels are provided. We have 110-volt power available through an inverter for shavers, hair dryers, etc. and for recharging camcorder or camera batteries.

SEASICKNESS: Many sailors are queasy, if not seasick, for the first 24-48 hours of any ocean passage. Eliminating coffee and increasing water intake for the first week of the passage greatly reduces the chance of seasickness and dehydration.

We recommend that you obtain 12 Compazine (generic name: prochlorperazine) 25 mg. suppositories (NOT ORAL) which has proven to be the most reliable prescription seasickness remedy. Please try this drug out before joining the voyage to check for possible side effects. If plan to bring other medication, please try it out at home first.

Antibiotics: As with any adventure in an isolated area (open ocean without a nearby landfall), we ask that you consult your doctor and obtain a broad-spectrum oral antibiotic for treating potential skin, throat, eye or ear infections. If your adventure with us takes you into malaria-prone areas, check with the CDC website or contact your doctor to decide whether to take preventive or treatment medication with you.

OPTIONAL: Mask and snorkel, camera, film, Walkman, video camera, diary, three books, and music. Pacific Bliss has a library of paperbacks, music and books-on-tape.

Communications: We have a satellite phone for emergencies. We also have email (Sailmail) on board through our SSB system. On shore, we can access internet cafes. Some marinas also offer wireless internet, which we can use via adaptors for our laptops. We will try to notify you as to our estimated time of arrival and estimated departure date from various ports. But keep in mind, we are not a plane; we are not a train; we are not a cruise ship. As a small sailing vessel, we are dependent on the whims of Nature. We will never sacrifice the safety of vessel and/or crew to meet a deadline.

Tickets: Please purchase flexible tickets! Do NOT use frequent flyer or consolidator tickets that push you into a specific date that cannot be changed. We will be sailing conservatively and will not push through an adverse weather pattern, push our sail systems, or change a destination in order to make a crew departure deadline.

THE MOST IMPORTANT THING OF ALL TO BRING WITH YOU: A positive attitude and an eagerness to crew and to learn?not only about sailing and navigation, but to learn from fascinating people of different cultures and countries. You are about to take part in an exciting, once-in-a-lifetime experience. We wish you well!