

General Information for Cruise & Learn: 10 Day Expedition

Please read the following information prior to the beginning of the course. If you have any doubts or questions, please don't hesitate to contact me at chris@simplysailing.ca or +1 (604) 440-2864.

Clothing

The course will take place rain or shine. Dress in layers, you will be surprised how much temperature difference there is between the beach and on the boat in a light breeze. Synthetic fabrics are preferable. Definitely don't use cotton or denims. Once they get wet, they stay wet and make you feel cold. For sunny days bring a light wind breaker. For rainy days a rain jacket and rain pants will be necessary.

Footwear

Closed shoes will protect your feet when walking on the deck of the boat. **The soles have to be non-marking (white, light grey or cream color. Absolutely no black soles please, they leave permanent marks on the white deck of the boat.** For rainy days: Rubber boots work well, make sure the sole is soft, has a good grip and is non-marking.

Shore Shoes: Bring a second pair of shoes for shore excursion (sandals, flip flops, runners) that can easily be washed off. We don't wear the same shoes on and off the boat. That will help keeping the boat clean.

Sailing Gloves

Sailing gloves will protect your hands when handling the lines on the boat. Some people prefer the rubbery garden gloves (cheaper and work just as fine but may not last as long).

Marine Stores

Westmarine (1601 W. 2nd Ave.) or Steveston Marine (1667 W. 5th Ave), near Granville Island. There are also store locations in Richmond and Steveston as well as North Vancouver (Martin Marine at 121 W 1st Street, near Lonsedale Quai).

Hat, sunglasses and sun block are essential during a sunny day on the water.

Sleeping

Please bring a sleeping bag. If you don't have one, please advise us and we will make one available to you.

Showers

There is a bathroom (toilet & sink and a shower) on the boat. However, water resources are limited and taking a shower in a rather confined space is not very comfortable. For those reasons we stop at a marina at a couple times during the cruise where shower facilities are available. Please bring your own towel.

Personal Flotation Device (PFD) will be provided (inflatable). For advanced and overnight sail training we will also provide a harness & tether.

Baggage

A small duffel bag works best. No suitcases please, they take up too much space and are not easy to store. A boat is a small place for three to five people to live on, pack light (see suggested packing list on last page).

Meals

Meals and non-alcoholic beverages will be provided. We will have a hearty breakfast, a light lunch (typically sandwiches) and a dinner (typically a BBQ). Snacks, fruits and hot/cold drinks are available during the day. We usually spend one night at a pub in a marina. You will be asked to pay for your meal. However, Simply Sailing will pay the first round of beer.

If you have any allergies or special wishes please advise us in advance and we will do our best to accommodate your needs.

Motion Sickness

We may encounter some windy days or choppy seas. If you are prone to motion sickness bring your own medication. Ginger pills may help or ask your pharmacist.

Boat Location

We will pick you up at the Harbour Green Dock next to the float plane terminal, near the new Convention Center in Coal Harbour. This is about a 15' walk from the Waterfront Skytrain/SeaBus terminal.

Living on a Boat

We will be sharing cooking & housekeeping duties while aboard. Feel free to bring your favorite tunes (iPod, MP3 player) and/or game. Smoking is allowed on deck as long as it is downwind and away from other students.

Shore Time

There is a dinghy to take you ashore and explore some of trails and beaches on the islands. This is also a good opportunity to unwind from a day at sea, stretch your legs or get some personal time.

Course Material

The course material will be sent to you ahead of the course. For the intermediate course there are two documents: The Sail Canada Student notes for intermediate cruising (PDF) as well as a Cruising book in hard copy. For the advanced course the book Passage Making by US Sailing is our main reference guide.

While we will go over some of the theory, there is limited time during the course for studying. To maximize your experience and to enjoy a leisurely evening exploring some of the islands or enjoy the atmosphere on the boat, **it is essential that you read the entire book and be familiar with its content.** That allows us to focus on the sailing aspects of the course (including navigation, boat systems and management of the boat).

Certification

After successful completion of the course you will receive the Sail Canada Cruising Standard at the appropriate level (intermediate/advanced). Alternatively, you can get the Crew Standard. The content of the course is the same for both standards, however for the Crew Standard you need to be able to assist the skipper at the intermediate level, while for the Bareboat Skipper you will need to demonstrate that you can be in charge of boat and crew.

There is no practical exam. However, it is expected that you will be able to demonstrate the afloat skills as described in the CYA logbook under the section “afloat knowledge” of the standard.

At the end of the course there will be a written exam on the material described in the logbook under the “ashore knowledge” of the standard. Please don't hesitate to call us if you have any questions.

Payment

\$400.- deposit required to reserve your spot. Final payment due 15 days before course start. Late payment will result in a late payment fee of \$50.

Cancellation Policy

If another person can take your spot we will return your deposit less \$200 for textbook, materials and processing. Unfortunately, otherwise the deposit is non-refundable. No refunds for courses cancelled within two months of the scheduled course start. We recommend trip cancellation insurance.

Less than three weeks before departure: Unfortunately, no refund can be made. Please consider a travel cancellation insurance.

Recommended Packing List for 10 Days of Cruise & Learn

Clothing

- Underwear: 1 change per day
- T-Shirt: 6 (ideally not cotton, quick dry fabric is preferred)
- Long-sleeve shirt: 2
- Pants: 3 (2 pairs of long pants and 1 pair of shorts)
- sweat pants or other comfortable pants for evenings
- Light fleece or warm sweater
- Rain jacket & rain pants

Footwear

- Deck shoes (runners with non-marking soles)
- Shore shoes (sandals, flip flops)
- Rubber boots, ideally sailing boots with soft soles (depending on weather forecast)

Sun Protection

- Hat (consider getting a clip so the that does not get blown over board; a safety needle with a piece of string works well)
- sun glasses
- sun lotion

For Colder Days

- long sleeve next to skin shirt: Merino wool is the best, but synthetic fabric works as well (buy at Costco or MEC)
 - Second fleece
 - Rubber boots. Consider buying foot-warmers to put into the boots
 - Warm hat that covers your ears (yes, even in the summer for the outside leg)
 - Gloves (consider full finger sailing gloves)
 - Merino wool socks or regular wool socks (Buy at 3 Vets)
- Most of these items are available at any outdoor store.

Sleeping bag & towel

Personal Medication & Toiletry

Tunes (ipod, MP3 player)

--> For the outside leg (Advanced Course) continue on the next page:

ADDITON FOR ADVANCED COURSE

We will be sailing in any condtion by day and night. Rough seas, strong winds and rain maybe encountered during the course. We will not head out into a gale force wind, if predicted, but some heavy weather sailing might be encounteredon the west coast of Vancouver Island.

Please assure you have proper foul weather gear including boots. Bring a small headlamp with red colors for the use at night and possibly a small flash light.

Be aware that we might not be able to have access to stores, shops etc for days. We will stop in places where limited supplies are available, but for the most part we will be cruising in a very remote part of the world.

Cell recepetion is limited and you may not have access to a phone or internet for days.