

Atlantic Crossing Seminar 2023

Destinations:

I want to work out where I am going without being influenced by islands. Wheres my MAIN destination?

Mediterranean, Portugal Atlantic coast; UK France and Northern Europe?

**Draw Direct Great Circle Routes**

Routing: High and Lows

**Draw Gale Zone; Safe Zone** – Download the GPX [www.ourlifeatsea.com/azoreshigh.gpx](http://www.ourlifeatsea.com/azoreshigh.gpx)

Sail left of/above the Azores High / keeping Azores High to the right.

Keep the Gale Zone above/to the Left

GC route to UK is in gale zone

GC to Portugal is OK

GC to Gib is no wind

**So Adjust the routes**

**Now Draw Bermuda and Azores.** We find 2 go through the Azores and Gib goes very close, a small 100nm deviation. But our best, safest route is 150nms south of Azores. If going to the Med and you need to Delete the Azores.

**Draw route from SXM to Azores.**

In case of Gale turn into the Azores High.

I did 7 day diversion to escape a gale that wiped out 6 boats.

Don't go into Horta in a Gale!

GPX file for chart plotters [www.ourlifeatsea.com/azoreshigh.gpx](http://www.ourlifeatsea.com/azoreshigh.gpx)

2,400nms to Azores

1100 Azore to Gib

3,400 SXM to UK via Azores

@ 5.5 knots its 20 days

**Overdue date** is trip miles at 2 knots plus 1 day.  $2400 @ 2 = 1,200 \text{ hours} = 50 \text{ days} + 1 \text{ day}$

**Provisioning** 50 days total per our Overdue calculation + 10 days emergency = 60 days

20 days excellent food! We oven cook. We never pre-prepare food. We spend hour devising and making extravaganzas.

Freeze the highest nutritional density foods. That's beef, lamb, pork without bones. Bones waste space. Chicken whole has too much air and not dense enough nutritionally.

We can fit about 10 days in the freezer.

**10 days** Not so good food

Alternate with high quality refrigerated goods. In French Saucisses is sausage refrigerated with long use-by date of more than 1 month. Some in Carrefour but not the variety of SuperU. Saucisson is salami great, long use by dates. Slice and eat.

Best canned food buy on the French side at SuperU is Canard Confit, Duck pieces in a can. Best can has 4 legs in it, cost 13 Euros but worth it. It comes in duck fat which is a great natural fat for cooking.

A large quantity of high quality tinned meat without additives: no potatoes not TVP, soy flour etc, just meat.

**30 days** hard tack Pasta, rice, lentils, canned mistakes - Brazilian Bully Beef, French gizzards – gésiers. These are our emergency rations

We take paper plates, bamboo?

**Secret stash supplies!** \$50 per person Chocolate! Each crew member is forced to buy quite a huge amount of naughty food for their own secret stash. About 5 days into the trip everyone knows the lush benefit of sitting the night watch with their favourite treat. Mine is mainly chocolate. Marjorie will have corn chips, salsa, sweets, salty Asian snacks, cookies.

**Calories** If you think you probably use 2,500 calories per day then substantially increase it for your passage. 4,000 or even 5,000 calories per day. I guarantee you won't put on weight.

**Water:** we have a spray bottle at every faucet.

Shower bag 60 seconds of water in it for you, every second day. So on your shower day fill 60 seconds and put in the sun. You run out you run out

## **Watch keeping**

0000 – 0400

0400-0800

0800-1300

1300-1900

1900-2400

Person on watch cooks. Revolves. Every second day you get 6 hours sleep. The alternate day you get 5 hours sleep in the dark Bliss.

**Buddy Boating** We never buddy boat!! Every boat is different, runs at different speeds. There is no increase in safety in fact its detrimental to safety because you have to watch out for them all the time. Instead of a ocean clear of obstacles suddenly you have to watch for collisions with friends you hardly know. Do the passage yourself. The rewards are higher.

**Starlink** - Very good!!

If Starlink slows go into Settings and Stow Starlink, wait 30 seconds then UNStow.

<https://zoom.earth/maps/satellite/#view=29.1,-52.9,4z/overlays=radar>

mAIS App to put your starlink position on Marine Traffic.com

In distress EPIRBS must be verified so Have email addressee group set up and email the SAR area you are in... but also your HOME country. Concordia off Brazil; also USCG, MRCC France and UKMO

<https://sarcontacts.info/>

[https://www.star.nesdis.noaa.gov/GOES/sector\\_band.php?sat=G16&sector=car&band=GEOCOLOR&length=24&dim=1](https://www.star.nesdis.noaa.gov/GOES/sector_band.php?sat=G16&sector=car&band=GEOCOLOR&length=24&dim=1)

<https://forecast.predictwind.com/atlas/#Wind>

<https://www.lightningmaps.org/#m=oss;t=3;s=0;o=0;b=;ts=0;y=22.8977;x=-68.269;z=5;d=2;dl=2;dc=0;>

<https://map.blitzortung.org/#5.04/23.63/-71.36>

SailNet.com

**Fire:** Most common cause electrical

#### **Action on Fire**

Stop the boat,

Turn away from wind

Turn breakers off

Cut fuel off (careful!! U might need it)

If in engine compartment, don't take the main cover off, Have a fire port & shoot extinguisher into it.

If you can't get the fire out in 2 minutes prepare to abandon ship. toxic fumes will kill before heat or make boat untenable.

General fire safety tips:

Cooking pot lids. Have the lid always covering / or always near to smother

Big fire extinguishers; Fire Blankets; Smoke alarms myriad different ones. Check batteries

Buckets work better than fire extinguishers.

**Catamarans:** If possible, no crew sleeping forward of the mast. Don't load fuel in the forward hatches -weight distribution

My website [www.OurLifeAtSea.com](http://www.OurLifeAtSea.com)