

Preparation for Large Boat Sailing Adventure

What to Bring

Remember, storage space onboard a sailboat is very limited. Small drawstring bags work best for stowing personal items and equipment. Please limit your carry-on to one small bag or duffel, and do not bring backpacks with frames. The items you need to bring are shown in the gear lists below.

The basics:

- Shorts, T-shirts, hat
- Swim suit, towel, deck shoes
- Sleeping bag or blankets and sheets
- Sunglasses, sunscreen, lip balm (Chap Stick, Blistex, etc.)
- 6-foot piece of line to practice knots
- Small flashlight with extra batteries
- Foul weather gear (rain suit)
- Sweatshirt or windbreaker/jacket, depending upon the time of year
- Personal items (toothbrush, etc.)

Do NOT bring the following:

- Black soled shoes
- Poncho
- Personal CD players, radios or stereos
- Liquid fuel stoves or lanterns
- Sheath knives, spear guns, fire arms
- Signal flares or fireworks
- Personal watercraft (wave runners)

The base will provide:

Use of crew quarters (tent site with tents, cots, covered cooking area, table and propane cook stove with fuel).

Your crew should bring:

- BSA patrol cook kit
- BSA chef tool kit
- First aid kit
- Food (remember to include enough for the captains) & personal snacks
- SMALL ice chest and extra ice for the ice chest onboard the boat
- Electric lantern (propane may only be used off the boat)
- Water container
- Trash bags & toilet paper
- Paper towels, cups and napkins
- Games for use below deck (magnetic checkers/chess, playing cards, etc.)
- Inter-faith worship materials and song books
- Astronomy merit badge book for star study at night

Optional items:

- Camera and Film
- Binoculars
- Personal floatation devices (also available at the base)
- Fishing gear and bait (don't forget fishing licenses)

Menu Planning Suggestions

Here are some typical menus used at Florida Sea Base. You might want to try some of these on your trip.

	Breakfast	Lunch	Dinner
1	pancakes, canned ham, orange, apple juice, coffee	turkey sandwich, cheese curls, pear, cookies, drink	pork chop, stuffing, salad, corn, fruit cocktail, drink
2	eggs, sausage, English muffin, orange juice, coffee	hot dog, pork and beans, Pringles, apple, drink	hamburger, mac/cheese, peach, drink
3	cereal, Pop Tart, pineapple juice, milk, coffee	chicken salad, cheese curls, granola bar, drink	steak, potato, roll, salad, pudding, drink
4	pancakes, canned ham, orange, apple juice, coffee	ham & cheese sandwich, Pringles, apple, pickles, snack cake, drink	beef stew, rice, applesauce, drink
5	eggs, canned ham, English muffin, orange, coffee	tuna sandwich, corn chips, cookies, drink	spaghetti, salad, green beans, Italian bread, snack cake, drink
6	cereal, Pop Tart, apple juice, milk, coffee	peanut butter & jelly sandwich, orange, granola bar, drink	Base Camp