

Welcome to Newport Beach Sailing School's ASA 106 Advanced Coastal Cruising!

Please prepare for our trip by:

- Reading *The International Marine Book of Sailing*.
- Reviewing the course outline and syllabus in your ASA logbook, and understanding each point.
- Passing the ASA 106 written test. The test subjects are outlined in the logbook and explained in *The International Marine Book of Sailing*. The test can be taken during or after the trip to Santa Barbara Island.

Have the following *written* information ready for my inspection upon arrival at the boat:

- A current weather forecast for the three or four days.
- Recommended course to steer, taking into account estimated leeway, and distance to Two Harbors and then to Santa Barbara Island
- Fuel required for round trip, assuming worst case (no sailing), average speed 5.5 knots, 1 GPH
- Fuel remaining in tank upon return (emergency reserve)
- Estimated water requirements for crew including washing, showering and cooking
- Amount of water remaining in tank upon return (emergency reserve)
- Locate (by latitude & longitude) three appropriate anchorages within two sailing hours of Two Harbors

Please note that our route and anchorages may vary depending on weather and sea conditions.

You may have to consult on-board documents and charts to complete this planning. If you have a cruising guide including Catalina, bring it along. Other things to bring:

- Seasickness prevention – ginger ale, ginger snaps, or over the counter Bonine. If you feel you would like a Doctor's prescription an example is Transderm Scop
- Comfortable life vest if you have one, preferably with harness and tether
- Binoculars (if you have them)
- Hat with strap
- Sunglasses with strap
- Sunscreen
- Shorts
- Long pants
- Warm clothes
- Rainproof jacket or windbreaker or foul weather gear if you have it
- Boat shoes
- Swimsuit
- Towel
- Sleeping bag or sheets and blankets
- Pillow
- Bottled water
- Waterproof flashlight
- A duffel bag is kinder to the sailboat than a suitcase
- Food and drink for the trip including a portion of each meal for the captain. Part of the course is learning to cooking on board. If you are being paired up with another student, please feel free to coordinate with them divide the provisioning for yourselves and the captain. There is a fully kitchen with stove, oven, microwave, and a small BBQ on board for your use.

Boat	Fuel Capacity	Water Capacity
Beneteau 35.1	34 gal	87 gal
Beneteau 38.1	34 gal	87 gal
Beneteau 41	63 gal	87 gal
Beneteau 45	53gal	98 gal
Beneteau 46.1	106 gal	151 gal

We will meet on the boat at a reserved time to determined on your departure day and plan to arrive back at the dock by 5:00 pm on the last day. If you would like to bring along a dinghy, or if you want professional boat cleaning upon return, please reserve through Chris Jester or Tom Collins at (714) 878-7700.

Newport Beach Sailing School

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Outstanding ASA Sailing School of the Year for 2008, 2010, and 2012