guidance only, by n	no means complete or a	substitute fo	v0.2 by Duncan Malor training & experience.		Date:		From	•		To:				
ew checks Colour blindness		t checks adio(s)	Post sailing Bow/Stern/Springs	Sea passa	ige					Tide	s	Sunset:	S	Gunrise:
Medical Ability	<ul><li>Currents</li><li>Pilotage</li><li>Full</li></ul>	ngine uel	<ul><li>Fenders</li><li>Exposed berth?</li></ul>	Time	From	Towards	Dist	Est. time atkts	Notes					
Dietary Swimming	<ul> <li>Weather</li> <li>Element</li> </ul>	fejackets ectrics	<ul><li>Rinse wet kit</li><li>Notify shore contact</li></ul>							Time	m		Time	Tide
	Victualling	ater ater								-6 -5			-6 -5	
w briefing			Other							-4			-4	
as drills and how one one to use the head			<ul><li>Customs</li><li>Inform shore contact</li></ul>							-3			-3	
asic instructions o	n how to use the radio		<ul> <li>Restaurant booked</li> </ul>							-2			-2	
	nd how/when to use the stopping procedures	em	<ul><li>Passports in date</li><li>Marina booked</li></ul>							-1			-1	
utline of passage pominate navigation			<ul><li>Tidal gates at marinas</li><li>Check lifejackets</li></ul>								_			
_			<ul> <li>Locate emergency</li> </ul>							1			1	
	elf, one hand for the boa		equipment							2			2	
e-raft, flares, loca	ation and how/when to u	ıse								3			3	
				Harbours	of refuge					4			4	
boat data	Con			Name						5			5	
ne hours:	Ger Fue	nerator hours	i							6			6	
ne nours.	ı de			Pilot (Book/Page)										
tualling				Access						Wea	ther	Forecast	(	On sailing
Breakfast	Lunch		Dinner	Tides						Wind	t			
				Dangers						Visib	ility			
				Shelter from	ı					Sea	state			
										Gene	eral outlook			
				Dangers of	on route									
pes/Preferences				Danger		Marked by		Clearing line	es					
pes/Freierences														
											N			Sea state (
										<b>BF</b>	Name Calm	<b>K</b> ts Unde	or 1	
										1 2	Light air Light breeze	1- 4-	3	Calm, glassy Calm, rippled
										3	Gentle breeze	7-1	0 Sm	nooth, wavel
										5	Moderate bree Fresh breeze	eze 11- 17-		Slight: 0.5 - loderate: 1.2
										6	Strong breeze	22-	27	Rough: 2.5
										7 8 9		28-34-41-	40	Very rough:
										10	Storm	48-	55	High: 6-9
										11	Violent storm Hurricane	56- 64		Very high:

## **Pilotage**

Departure			Departure		
POI	Characteristic (if light)	Notes	POI	Characteristic (if light)	Notes
Mini chart/description					

- Night sailing checklist
   Lifejackets and safety lines

- Working binoculars
  Watch plan (Max 3h/watch)
  Balance experience/ability
  Add any breakages to maintenance log

#### Watch handover checklist

- Weather at start of watch
- Changes in weather since start
- Navigational hazards (ships/reefs etc)Check fuel if motoring

# **Navigational log**

Departure					
Date/time	Distance run	Wind Dir/Strength	Sea state	Position Lat/Long	Remarks

## Other

Safe weather windows		

From	То	Comment
e.g. Thursday all day	Saturday 2pm	Gusts F8-F9

#### **Tidal flows**

Port/POI	Time window / Direction / Avg kts	Time window / Direction / Avg kts
e.g. Brighton	00:00-07:00 / East to West	07:00-13:00 / West to East / 1.5kts