

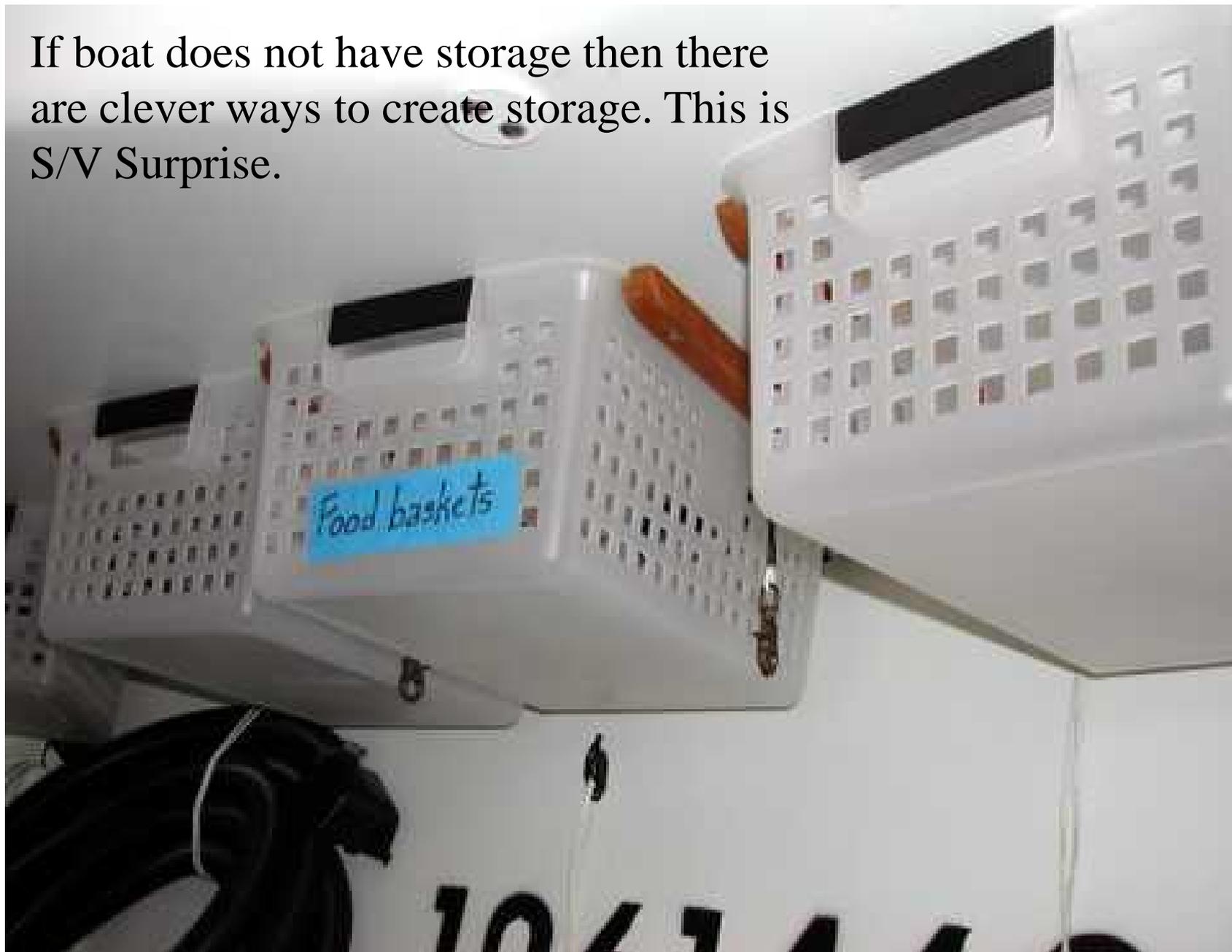
Provisioning is Easy and Fun

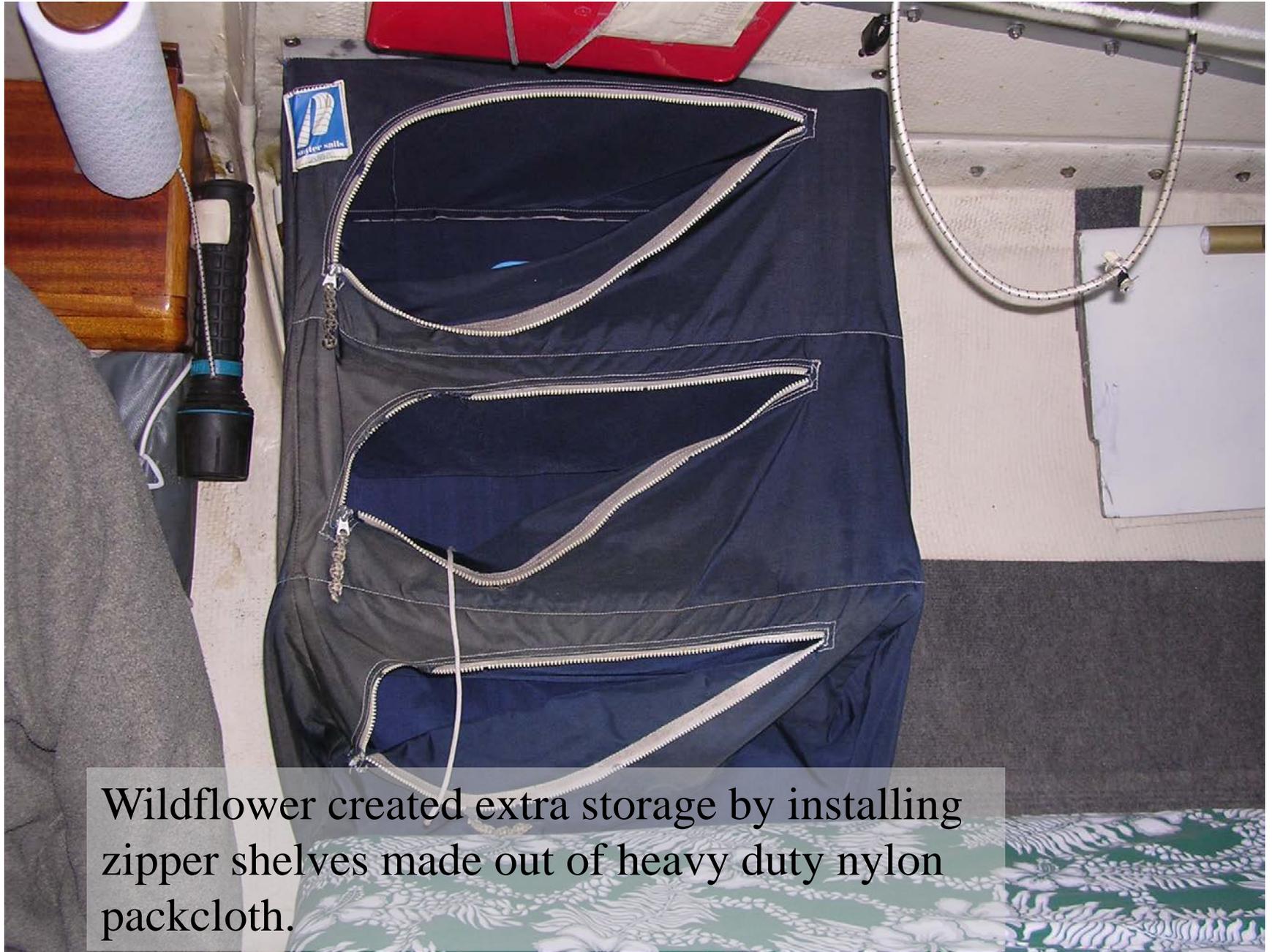
- Advance Planning – start ASAP, delegation and timelines, assess boat for storage
- Preparation – get the boat ready for storage and cooking, prep frozen and bagged meals in advance
- Implementation – stow and pack the food

If boat does not have stove then an easy solution is a single-burner gimbal stove. Placement examples:



If boat does not have storage then there are clever ways to create storage. This is S/V Surprise.





Wildflower created extra storage by installing zipper shelves made out of heavy duty nylon packcloth.



This Excalibur 26 put canvas over an open area to create storage.



California Condor: Duffle Bags attached with zippers and awning tracks



California Condor: Convert Shelf to Enclosed storage area

Think about what you need per day while on the water.

A sailor's provisions in 1810

- **Food ration for the week:**

- 4 pounds of salt beef
- 2 pounds of salt pork
- 2 pints of pease
- 3 pints of oatmeal
- 6 ounces of butter
- 12 ounces of cheese

- **Daily food ration:**

- 1 pound of bread
- 1 gallon of beer, wine or grog



Some people throw a line out. This Pac Cup boat caught a tuna!





Sushi for dinner!

Don't forget galley safety items.



This Cal 40 use zipper mesh panels to turn open shelves into secure storage.



This Hawkfarm created a lot of extra storage with mesh pockets.



Pac Cup non-refrigerated one-pot dinners. Everything in one bag and ready to go.



Halfway
party
menu

Hors d'oeuvres

*Fromage Brie, de California
avec Pain Frais*

Entree

*Filet Mignon en Jus a la Bernaise
avec Legumes Varieuses*

Dessert

Mousse au Chocolat

Vin

85 Chalone Pinot Noir

California Black Tie is Requested

Black tie for
the halfway
party.





Don't forget favorite snacks.

Gustatory phases

- The beat – first 1-2 days, crew might not be hungry, stick with easy, hot, simple, and HYDRATE.
- Comfort zone - Frozen meals, hot prepared meals, bagged dinners, etc. The good food.
- Extended “holiday” – oops, race taking longer than expected, time to “rough” it with the backup food.

Where ocean polluters go...



Throw fresh fruit and veg overboard before arriving in Kaneohe. [ed: Or Hanalei!] Your boat will get an agricultural inspection.



Pacific Cup Provisioning

- Visit the Pac Cup website and look under “Race Tips” for:
- Written version of this and other presentations
- Draft provisioning list for crew of 4
- More tips and ideas from other racers
- www.pacificcup.org

Aloha!!!



Eyrie's 2004 Provisioning Notes – presented by Synthia Petroka April 9, 2014

<u>Beverages</u>	<u>amount</u>	<u>used</u>	<u>notes</u>
water	20 gals	3.75	in 5 gal jugs
water	10 gals	all	in liter bottles (38)
water	4 gals	inspected	in 2 gal. sealed jugs
coffee		0	did not bring
tea	15 of ea.	2/3	earl grey, breakfast, herbal
hot chocolate			
soy milk	1 boxes	0	
juice boxes	15 boxes	2/3	6 apricot/9 apples
Emergen-C	8 pax	all	for electrolytes

<u>Breakfast</u>	<u>amount</u>	<u>used</u>	<u>notes</u>
instant oatmeal	6	6	
yogurts	10	7	first 3-5 days, stored low near the water.
dry cerea/granola	1 box	all	TJ's almond cranberry
fruit			small cans mixed
nutella	1 small	1/8	
raisins	1 bag	all	

<u>Lunches</u>	<u>amount</u>	<u>used</u>	<u>notes</u>
peanut butter	1 jar	little	plastic jar/used during delivery K to Honolulu
jelly	1 jar	little	delivery K to Honolulu
roman meal bread	1 loaf	2/3	delivery K to Honolulu
salami	1 dry	all	
cheese sticks	1 pak ea.	1/2	mozzarella, cheddar
crackers	1 box ea.	1/3	pilot, rye krisp, big wheat thins
tuna	2 pax	all	in flat aluminum packages
carrot stix	bag	2/3	

celery stix	bag	little	
potato chips	3 bags	1/3	salt 'n pepper, rosemary, tortilla chips
Fritos	1 bag b		

Dinners

<u>days</u>	<u>used</u>	<u>notes</u>
cup of soup	1, 2, &3	cous-cous/noodles/soup/mashed potatoes
Comfort night	4	yes Penne in meat sauce, poached pears and biscotti
8 oz. penne, 1 can meat ragu, can pears, package of biscotti		
High Thai	5	no cabbage soy salad, chicken rice curry
1/4 sliced cabbage tossed with Soy Vay dressing, rice cooked with jar of TJ green curry simmer sauce, can chicken, diced carrots		
All American	6	yes cheesy mac
Package macaroni and cheese, extra cheddar cheese, diced veggies, top with crushed fritos.		
Sloppy Ho	7	no Chili tostada w/cheese and salsa, mango and papaya candied fruit, tequila
Package of tostadas, TJ's canned turkey chili, can of Herdez Salsa		
The Big Easy	8	no salmon jambalaya, fruit tarts with chocolate
Box Zatarain's Jambalaya, can of salmon (or chicken) added at end, packaged mamon tarts		
Fungus Amungus	9	yes Porcini tortellini in eggplant caponata, Little Schoolboys for dessert
Package of dried tortellini, canned eggplant caponata		
Marrakesh Express	10	yes Cous-Cousw/chicken, cookies
Package flavored Cous cous, can chicken, diced carrots and celery		
Soy Vay	11	no Asian noodles w/cabbage, chocolate covered ginger
Package buckwheat noodles, toss with dressing, cabbage		
Bonjour	12	no Penne nicoise salad with beans and tuna
8 oz penne, toss with canned bean salad and package of tuna		
Asian Cabbage Slaw		6 nights cabbage salad with apples, celery, ginger, soy vay dressing
Misc.		some cooked rice, fish steaks in packs, Indian food

Condiments

<u>amt</u>	<u>used</u>	<u>notes</u>
Soy Vay salad dressing	1	yes
parmesan cheese	4	yes pizza pak
salt and pepper	1 ea.	yes picnic pak
hot pepper flakes	4	yes

mustard	1 small	little	
limes	1 bag	yes	good to squeeze on everything

<u>Snacks</u>	<u>amt</u>	<u>used</u>	<u>notes</u>
Bonne Maman tarts	1 box	yes	raspberry
trail mix	3 pax	yes	variety
candied mango	1 pax	yes	
candied ginger	1 pax	yes	used in salad

<u>Other</u>	<u>amt</u>	<u>used</u>	<u>notes</u>
garbage bags	12	2	heavy duty?
paper towels	4	yes	1 roll every 3 days
toilet paper	6 rolls	yes	1 roll every 2 days
baby wipes	2 lg pax	yes	4 wipes/day
tea kettle	1	yes	7"
saucepan w/lid	1	yes	7"
hot water pump	1	yes	used 4 days
can opener	1	yes	
swiss army knife	1	yes	general backup
bowls	1	yes	1 each
mugs	1	yes	1 each
knife/spoon/fork	2 sets	yes	1 each
filet knife	1	no	used boat knife
serrated knife	1	no	used boat knife
large spoon	1	yes	plastic
slotted spoon	1	yes	plastic
tongs	1	yes	
cutting board	1	yes	1 hard
large plastic bowl	1	yes	with cover
dish liquid	1	yes	biodegradable
sponge	1	yes	scrubbing
ziploc bags	20	yes	

pot holders	2	yes
towels	2	yes
stove	1	yes
propane for stove	3	2

PACIFIC CUP PROVISIONING – Easy and Fun

By Sylvia Seaberg

Presented by Synthia Petroka at the SSS SH TransPac Seminar April 9, 2014

SLIDE: Provisioning is easy and fun.

Just like any other area of Pac Cup Preparation, the more time you spend planning in advance, the better, more fun, and easier your provisioning and meals will be.

It doesn't matter if you have a boat that already has a fully equipped galley with storage/refrigeration, or if you have a stripped out racing boat with no storage or refrigeration, the three steps of Advance Planning, Preparation, and Implementation can be applied.

Why is spending time on provisioning so important? Feeds the body and the soul. Meals give the crew something to look forward to. Halfway celebration is fun. Opportunity to stay healthy, because as a couple of notorious sailors proved in 1998, a diet of power bars and Gatorade can leave you chronically impacted.

Get together in advance and discuss what will work for your crew, assign ownership. Even though style of provisioning will be determined by boat and crew capabilities and inclinations, a good basic philosophy when planning meals is to think in terms of spending as little time as possible futzing around in the galley while at the same time having a menu that the crew will look forward to every day.

I. PLANNING

Assess galley's capabilities for storing and cooking.

Refrigeration: what do you have and what do you need?

*A small boat may not want or may not have room for refrigeration. In this case provisioning does not include a cooler but will focus on storage of dry and fresh goods and probably a small stove.

SLIDE: single burner gimballed stoves can be mounted in a variety of places.

* If you want a cooler and your boat does not have one you can fashion one - a well-insulated icebox of at least 5 cubic feet can be packed with dry ice (recommend at least 30-50 lbs), frozen water in plastic milk jugs and frozen dinners. This will keep food frozen for maybe a week and cold to cool for several more days beyond that.

On many boats, including the Schumacher 46 Surprise, they used the system of having each crew member provide a frozen dinner for the crew. Load ice box in the early morning of the race. Wrap dry ice in newspaper (to reduce vaporization). Pack as tightly and as full as you can. Pack chronologically, i.e. last days food at bottom. Open the ice box as infrequently and for the shortest time possible. Make a space blanket lid to hold the air and cold as volume in ice box decreases. They used 1/2" Ensolite and a space blanket. Foam in the center (sized for the chest dimensions about half way down) with two layer space blanket flaps. Duct tape the lid down. With these methods we had ice cream pie (still frozen) on Day 6, and stuff was cool until Day 9."

SLIDE: *Storage: determine where food storage will be. Make a rough diagram of where food will be stored, this will be fine tuned later on but it is a good to have a basic plan.

SLIDE (5): Think about creating more storage by installing bins , zippered mesh, canvas, etc.

*Make a list of what galley needs and a **timetable** for getting gear purchased and installed.

SLIDE: Rations 1810

FOOD: Based on boat size and rating determine how many meals for number of people for number of days you will be at sea. Increase meals by at least 50% or other factor with lightweight, rustic food if necessary. A note about freeze dried food: these foods can be high in sulfates. Be aware that some people can experience “reactions” when ingesting an excessive amount of sulfates including headaches, dehydration and flatulation. Freeze dried food has come a long way, however, and is certainly a viable option for lightweight or backup provisioning.

SLIDE (2): A fishy plan: Consider the option of fishing along the way. Nothing beats fresh seafood and you’ll find the evening radio chat hours start to include competitive boasting of who catches the biggest and the best ways of preparing the catch.

CREW: Determine crew’s likes and dislikes, food allergies or other potential problem areas, write this info down and use it when making your meal and shopping lists.

Discuss in advance the eating, cooking and cleanup routines. For example, a practical arrangement could be a help-yourself arrangement for breakfast and lunch with dinner being a prepared meal crew eats together...good for the stomach good for the soul good for the team.

Consider individualizing plates, bowls, cups, etc. so the same people use the same items each time. This can be done by labeling items or purchasing different colored items. Each crew should have their own sport bottle that they top off with water as needed.

*Water storage: If boat already has on-board storage ensure the tanks/bladders will keep water potable and are in good working order. Consider back-up water storage in the event of leakage or failure. Arrange for water purification if warranted. Standard water ratio of Clorox bleach to water is 1 tsp. bleach to 10 gals. water. Race rules require 15-gals/pp. fresh water. Consider mix-your-own electrolyte drinks to add to water to flavor it (especially if it has been sterilized with bleach) and to keep the crew’s electrolyte levels up.

SLIDE: Safety considerations - Safety harness or galley belt, fire extinguisher in galley, box of baking soda for flare-ups (good for indigestion, too)

II. PREPARATION

BOAT: If you purchase new gear for the galley make sure pans fit stove, oven, microwave, etc!! Plan exactly where food will be.

SLIDE: Retrofit or install storage areas if necessary. Ensure you have sufficient fuel and that all equipment works well.

SLIDE(5): If boat does not have storage for cutlery, knives, etc. install mesh bags for storing.

CREW: Ensure the crew knows how to operate every piece of galley equipment.

If crew is preparing frozen meals these should be done at least a week in advance and frozen well. Amount of these dinners will largely be determined by storage space in the cooler. If any crew claims they can't cook introduce them to Trader Joe's frozen food section.

SLIDE: ZIPLOC DINNER BAGS - Everybody's approach is different but I like to put all meal ingredients into one ziploc bag. Assemble Ziploc "dinner bags" in advance including as much of the entire menu as possible, remove excess packaging but don't forget the instructions and possibly ingredient list if crew has food sensitivities. If the dinner requires accessing another area such as cooler make a note and label refrigerated ingredients.

*Consider convenience, weight and disposal while shopping. For example, if purchasing prepared bottled items, try to purchase in cartons or cans instead of glass, squeeze top instead of spoon-out, etc.

*Think "Green" when purchasing cleaning products, not only good for the environment but accidental residue on plates not so pukie.

* Purchase a wide variety of snacks, sweet snacks, salty snacks, fresh healthy snacks.

*Purchase NON perishables in advance and perishables as close to departure date as possible.

*In all cases fresh fruits and vegetables can be included. If you buy produce that has never been refrigerated, e.g. at a farmer's market, it will last longer.

*If purchasing dry ice reserve in advance and make pick-up or delivery arrangements, **confirm details.**

SLIDE (2): HALFWAY MEAL Plan something special or amusing, either with a special menu, bottle of champagne, or perhaps special attire. Sometimes folks from home will prepare little gifts or surprises for the crew.

III. ORGANIZATION / IMPLEMENTATION

BOAT: Implement your storage plan.

SLIDE: Store snacks in highly accessible area and make sure everyone knows where it is. Offering a variety of snacks will keep the crew happy and give them something to look forward to.

Will have stored items in the order you will use them and for easy access.

Pack cooler/freezer with dry ice, ice and frozen food items in appropriate order.

CREW: Ensure the crew knows where food is stored.

*Finalize your storage diagram, number and/or label it with corresponding labeling on the areas themselves and brief crew.

*BE FLEXIBLE - Be prepared to abandon group meals for the first day or two; crew may not feel well enough to prepare dinners and instant meals in a cup may have to suffice. Be flexible and play it by ear.

SLIDE: A meal plan: A number of racers report that in terms of meals the race may be divided into different phases. Your boat may experience some or all of these phases...

- 1) The beat – for the first 1-3 days your point of sail may be too uncomfortable for cooking dinner. You may choose to rely on meals consisting of adding hot water to a freeze dried “cup of something.” Ensure the crew remains sufficiently hydrated during this phase
- 2) The comfort zone– Time to get into your deluxe gourmet meals, be they frozen, prepared a la minute, or pre-packed ziploc dinners.

A **SURPRISE IDEA:** Have a small cooler that’s accessible to crew, place the days drinks in it and include the frozen entree, while the entree thaws it keeps the drinks cool.

As the days warm up think less oven and heating time and more salad time.

An **AUSPICIOUS** salad: Put salad ingredients into large plastic bowl, add dressing, put on lid and toss.

- 3) The extended holiday – for whatever reason it is taking you longer to reach your destination than you had anticipated. Luckily you have included lightweight backup meals for this situation and it is time to get into them.

FINAL NOTES:

KEEP IT TIDY: Maintain a clean and tidy cooking and living space.

SLIDE: Going to hell

RECYCLE: Separate your recyclables from your trash.

Both times I raced to Hawaii I would say that roughly 90% of the trash that I saw on the way to Hawaii was plastic. Most of it was in the form of plastic drink bottles and other smallish containers. Please don’t throw trash into the ocean. Most trash is illegal and you will incur very bad mojo that you do not need. Rinse packaging, cans and plastics with seawater, crush them flat and put them in your well-stored recycling bags for proper recycling when you reach Hawaii.

SLIDE: DISPOSAL: The only things that should be dumped overboard are fruits and vegies the last day before reaching Hawaii

SLIDE: More info

SAMPLE DRAFT SHOPPING LIST:

FIRST DRAFT SHOPPING LIST FOR RED SKY

4 CREW MEMBERS

DIETARY CONCERNS: LACTOSE INTOLERANCE (YOGURT, SOME CHEESE OK)

BEVERAGES:

coffee	1#
tea	2 boxes misc/reg and herbal
rice milk	4 boxes
juice:	
instant Nestea	2 containers
Crystal light	3 containers
instant Gatorade	2 containers
hanging dispenser for mixed beverages	1
Emergen-C	1 box
boxed juices	2-3 packages
tiny bottles of cognac/armagnac	2-3
champagne	1 bottle
water	brian

CONDIMENTS:

salt and pepper	
herbs/spices assorted	small containers
soy sauce	packages
wasabi	1 tube
mustard and mayo	squeeze bottles
butter/margarine	1 tub
limes	1 net bag
honey	small squeeze
hot sauce (tabasco and habanero)	small bottle each
herdez salsa	3 cans ea red/green
olive oil	small squeeze
salad dressings	1 asian 1 italian

BREAKFASTS:

variety of yogurts incl. plain	20 individual
instant oatmeal	12 individual
dry cereal	3 boxes
tupperware dispenser for dry cereal	
fruit (apples, oranges, other)	

LUNCHES:

tuna sandwiches	cans tuna
egg salad sandwiches	eggs boiled in advance
salami and cheese sandwiches	
PBJ's	peanut butter/jellies
tostadas	shells, chili, cheese, salsa, etc.
salads (chef's, pasta, etc.)	
cheese	packaged shredded individually wrapped

kippers/salmon/other canned fish	6 cans
roman meal bread	1 loaf fresh/1 loaf frozen
english muffins	1 package
wheat rolls	1 package frozen
crisp tortillas	
crackers (variety)	lots incl pilot crackers
carrots sticks	
celery sticks	

DINNERS:

First three dinners: instant in-a-cup	
nile spice brand	12 ea
noodles	12 ea
cup-a-soup	12 ea
knorr soup	8 ea.
Brian's frozen dinner (Persian chicken and rice)	
Tom's frozen dinner (Crab cakes on potato/corn succotash)	
Nathan's frozen dinner (Beef and root vegie stew)	
Sylvia's frozen dinner (Seared salmon with grilled vegetables)	
Glenn's dinner even though he's bailing on the race (Stuffed Salmon from Trader Joe's)	
cous-cous dinners	1 good, 2 backup
pasta dinners	2 good, 2 backup
rice dinners	1 good, 2 backup
backup meals	1 week
Canned fruits and vegies	assorted
for salads, desserts and snacks	

SNACKS:

trail mixes	lots
dried fruit	lots
snickers/granola bars/cliff bars	
nuts	
chips (pringles)	
cookies	
candy	
candied ginger	1 bag
chocolate covered espresso beans	
small cans fruit	
jerkies and beef sticks	

OTHER STUFF:

Baking soda	1 plastic container
paper towels	1 roll/day
TP	lots
baby wipes	lots
plates and bowls	1 each
squeeze bottle and mug	1 each
cutlery	1 set each
serrated knife	1
filet knife	1

large stirring/serving spoons	1 plain/1 slotted
tongs	1
cutting board	1 small plastic
plastic plates	1 pack
plastic bowls	1 pack
plastic cutlery	some
dish liquid and sponges	
large heavy duty trash bags	12
small trash bags	12
1 gal. ziploc bags	lots
whistling tea kettle	
hot water dispenser	
4 qt. pan with lid	
matches/lighters	in waterproof box
big plastic bowl	1
can opener	
pot holders	2
dish towels	2
coffee press	acrylic
aluminum foil	1 roll
bucket for seawater dishwashing	
small cooler for lunches and thawing dinners	
dry ice (Nathan)	30 lbs
hand line and lures	