



## **ESCALE YACHTING Wishes to Welcome you Aboard!**

**Life on a sailing boat is a little different from life ashore...There are some RULES you have to RESPECT but also a lot of joy to be discovered!**

**The following information and suggestions will help to make your stay aboard as pleasant as possible.**

### **Life Aboard**

You are all members now of the crew of this boat. We hope you will enjoy taking part in all activities aboard, from all kinds of sailing maneuvers during the navigation to the daily life housekeeping. We hope you will help us to keep the boat clean and organized during the trip, for the convenience and safety of all.

### **Meals and Daily Expenses**

A kitty will be organized to pay for meals aboard or at a tavern, port expenses, water, fuel and the cleaning of the boat at the end of the cruise. The meals of the skipper are paid for by the group. You should estimate approximately € 240 per week per person. These expenses will be calculated daily and you can check them every moment. Some things have to be taken care of during our stays in ports: check and buy groceries, refill the water, the fuel or ice for the fridge, but also empty the trash and do some cleaning and tidying up aboard. It's not much and if everybody participates in these small jobs, there will be more time for the whole crew to spend time ashore...Don't hesitate to declare which small jobs you would prefer to undertake aboard!

### **Safety**

Our sailing boats are safe, seaworthy and well adapted for this type of cruise. During the whole cruise, our completely qualified skipper will guard your safety. Please listen to him carefully and follow his instructions. The ship is in contact with the office of ESCALE YACHTING permanently and in case of technical problems or an accident we can ask for assistance immediately. Never hesitate to ask again where the survival raft, the fire extinguishers, the life jackets and other obligatory safety supplies are positioned on the boat.

### **Before Departure**

Please help making the cast off and all maneuvers easier by not leaving any object lying around on the deck... Make sure that all your belongings are well fastened and that you quickly can reach every item you might need during the trip (sweater, wind jacket, sun block, sunglasses, bathing towel, book, camera, hat...). At sea it won't always be easy to go to back to your cabin and search your luggage for something. Don't leave your belongings lay around and store everything after using it, because when sudden wind comes up, the boat might move everything that was not properly put away or fastened. Close all portholes properly, especially the ones at the sides. During bad weather the sea cocks should be closed too. After these things have been taken care of, you will hear soon the « orders » of the skipper for departure: « Cast off the lines! Rise the anchor! Balloons and ropes inside! Hoist the main sail! » And after that: Good Wind! See, you are becoming a sailor already...

### **On the Sea / Moving around on the Deck**

Your footsteps on the deck should be light, secure and controlled and if you take part in the sailing you have to wear shoes (avoid shoes with black soles because they leave stains on the boat). The main rule is that you always hold on to something. One hand for the boat and one hand for the sailor, as they say... (Mind the boom and the gibe, always secure the topping lift.) Once you have seen the maneuvers several times, you'll see how quick you'll get used to them... You should always follow the instructions of the skipper and understand well what you are doing. When the sea is rough and the wind strong, put on warm clothes, because you really don't want to be cold at sea... You can also put on a harness. For the rest, completely rely on our professional, experienced skippers and your sailing boat will be as safe as can be.

### **Seasickness**

The movements of a sailing boat can provoke some feelings of nausea. It's nothing serious, but rather unpleasant and there is no miraculous cure for it: everybody has to find the remedy that works for him. It is important that you don't feel cold, stay active, keep an interest in what is going on the boat and participate in all activities, take the tiller, avoid descending to your cabin to search for something at the bottom of your suitcase, eat something substantial regularly (crackers/cookies). But if there is really nothing that helps and you feel that there is no holding back, don't use the kitchen sink or the toilets. Don't hang over the lifeline against the wind, because it won't prevent the boat from getting dirty and you will run the risk of being thrown overboard. The most right and elegant thing to do is just ask for a bucket... and we will clean it for you. You should always keep in mind that after two, three days the most you will be completely used to the sea. And you will also be introduced to the phenomenon called «land sickness», a rather funny and almost pleasant illness that will make you walk like a drunken bear on land, only before you have your first drink... And like an old French sailor used to say: the only true remedy against seasickness is stay ashore and lies down in the shade of an apple tree. We wish you good luck! If necessary you can take a medicine against seasickness one hour before departure.

### **Embarkation and Disembarkation**

Make sure that the gang plank is well tied, enter only one person at a time and keep distance from it when you are ashore, because the boat keeps moving and it might injure you. If you return late at night, please remember that some people on your boat or boats nearby may already be sleeping. Please avoid lively discussions, because boats are not isolated too well and sound carries a long way on the sea, especially at night.

If you have to use the dinghy to go ashore, please make sure that the water tap is in place as well as the paddles. The skipper will explain to you how the engine functions before you use it on your own. Be aware of quick wind, because it might lift the dinghy. It is hard not to get wet in a dinghy, so put your cameras, mobile phones in plastic bags to protect them. If there is wind at night, put the engine inside to prevent it from getting wet: after a gust, the dinghy might be turned upside down. When you come back aboard, make sure that your feet and shoes are not covered with sand or tar. A bucket of water attached to the deck will be used to clean your feet whenever you return from the beach.

### **Using the Space Aboard / Electricity**

Space aboard is limited and you have to find the best way to share the boat it with everyone. Make sure that everything is properly organized and fastened for your own safety. Keep the boat clean and tidy, it will make your journey a lot more pleasant. Don't enter the interior wet and keep the staircase dry, because it becomes very dangerous when slippery. Please prevent the cushions from becoming moist, because seawater is damaging for their surface. Always remember to switch off the lights in your cabin and elsewhere. Electricity aboard is provided by batteries and should not be wasted, because the engine has to work every day for a few hours to refill them. Our yachts have converters that allow you to charge your cell phones and cameras.

### **Water / Shower / Toilets**

You have to be aware that the amount of water on a sailing boat is limited. The tanks contain about 600 liters and this water is used for the shower and for rinsing things. The tanks are refilled every three or four days. We recommend that you only drink bottled mineral water. If you do a washing up please use the foot pump to fill the sink with seawater, so you just have to rinse with tank water. If the engine has worked several times during the day, warm water will be available in the shower. Don't forget to drain away the water in the shower with the electric pump. During the summer, you can also use the shower on the deck. Please don't use more water than you really need.

To use the toilet properly on a sailing boat is a special skill. Because the toilet is connected to a long sewer pipe that has to be emptied too, you will have to use the pump at least 20 times. Please don't throw anything inside the toilet that is not organic: collect any other garbage in a special bin, to be emptied and thrown away each stop. Think about the next person that will be using the toilet and leave it behind properly cleaned. When the boat is at anchor, please make sure that nobody is swimming around it before using the toilet. And... if you have a problem, don't hesitate to ask your skipper.

### **Kitchen / Stove / Fridge**

Using the stove is easy and safe: the gas burners have safety locks. You have to keep the button pushed for a few seconds after having lit the burner. Cooking aboard is a pleasant and social event. We are sure you know a good recipe and if you're not a big cook, you can always offer to wash the dishes afterwards. Please replace cooking utensils that are lost or damaged during the.

Don't throw any rubbish over board if it is not completely solvable, please throw other garbage in the bins in the ports.

The refrigerator uses an enormous amount of electricity and therefore only functions when the engine is working. To improve its functioning, pieces of ice are put inside often. For this reason we kindly request that you always open and close it as quickly as possible but carefully. Store your groceries in plastic bags or boxes to keep them dry and to prevent the fridge from getting smelly.

### **Security / Guarantee**

The sailing boats and all members of the crew are completely insured in case of an accident or serious damage, but if you happen to damage or lose anything during the trip, you will have to replace or pay for it. The whole crew together is responsible for the boat and a minimum guarantee of 50 Euro per person has to be paid at the beginning of the trip. In case the boat has to be immobilized due to serious damage, no compensation can be claimed by the client for the first 24 hours.

### **Special Information for the Youngest Members of the Crew**

We hope you will have a fun time on this trip! Our skipper will try to explain you everything about the boat and the sea. Please listen to him carefully when we are sailing. Things can be a little dangerous on a boat and the «rule », is that you have to do what he tells you. But you'll see how much fun it is to become a sailor. Maybe you will even learn how to do it yourself! And of course there will be lots of fun things to discover on the islands and on the sea. And if you are really lucky you will meet the dolphins! Send them our love!

### **Tip**

If you are satisfied, it is good custom to leave a tip at the end of the cruise (usually 25 Euro per person).

**The whole staff of ESCALE YACHTING wishes you a NICE and unforgettable trip!**