



# SHORTHANDED SAILING TECHNIQUES

presented by

**JOHN NEAL AND AMANDA SWAN NEAL**

## 1. Developing an Onboard Safety Ethic

- Keep a tidy vessel.
- Establish emergency procedures.
- Practice night sailing.
- Gain a basic knowledge of engine and electrical systems.
- Establish and perform pre-departure inspections.

## 2. Gear that Makes Shorthanded Sailing Safer

- Dependable autopilot (and optionally windvane).
- Accurate instruments, VHF, AIS RAM mic in cockpit, MFD, easily read helm compass and binoculars.
- Harness, tether, high lifelines, and Lifesling.

## 3. Communications

- Clear and concise instructions, always repeat the command.
- Ensure all crew are fine/ready.
- Ask if you don't understand.
- Maintain a sterile cockpit at critical times.
- Options based on required range: VHF, satphone, IridiumGO!, BGAN and SSB.
- Understand and practice radio protocol.
- Keep a "Happy Ship".

## 4. Preventing and Treating Seasickness

- Prior to sailing
- Once underway
- Effective seasick medication: nonprescription and prescription.
- Follow the protocol documented on [mahina.com/seasickness](http://mahina.com/seasickness).

## 5. Watches

- Establish and post a workable watch schedule and standing orders.
- Situational awareness and responsibility – *The Queen of the North Disaster* – Colin Henthorne.
- Study and understand collision avoidance.
- Complete "Boat Checks".
- Healthy Life - [mahina.com/fitforlife.pdf](http://mahina.com/fitforlife.pdf).
- Sleep deprivation and fatigue.

## 5. Weather

- Gain an overview of marine weather by reading RYA Weather Handbook.
- Study regional weather.
- Follow [windy.com](http://windy.com).
- Check out [PredictWind.com](http://PredictWind.com)
- Consider hiring a professional weather router. [WRIwx.com](http://WRIwx.com) - mahina special.
- Record barometer readings: [weems-plath.com/electronic-barometer](http://weems-plath.com/electronic-barometer).

## 6. Navigation

- Keep a log – it's a legal requirement.
- Create laminated instruction cards for entering waypoints into electronic navigation.
- Research destinations before departure, entering courses and waypoints and making moorage reservations if required.
- Establish alternative plans.
- Ask for and heed knowledgeable local advice.

## 7. Creating Easier Sail Changes

- Consider upgrading to more powerful furler and winches.
- Establish sail reduction and reefing guidelines. Print & laminate guideline and keep with logbook.
- Practice reefing in under 3 minutes, rigging preventer and develop gybing protocol.

## 8. Heavy Weather Options

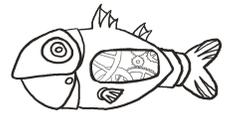
- Study storm location and track.
- Practice proactive decision making. Don't wait to act!
- Know and practice the ten storm tactics.
- Invest in at least one storm sail and practice using it.
- Choose techniques that require the least physical exertion including fore-reaching and heaving-to.
- Consider carrying a drogue.

## 9. Food

- Pre-make heathy easy-to-heat meals.
- Install a pump thermos for hot drinks, instant soups/noodles and freeze-dried meals.
- Provision with healthy snacks.

## 10 Docking and Anchoring

- Communication: distance off dock, depth.
- Calculate wind, current, swell and depth.
- Practice powering against spring lines.
- Optionally install: remote control for windlass and thruster.



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**John Neal's** 388,000 offshore miles include 6,000 miles singlehanded, six Cape Horn roundings plus voyages to Antarctica, Africa, Australia, and Spitsbergen. Since 1976, John's passion has been sharing his knowledge of ocean cruising through 205 sail-training expeditions worldwide aboard Mahina Tiare III, a Hallberg-Rassy 46, boat purchase consultations, and through Mahina Offshore Cruising Seminars presented with Amanda at 4-5 major boat shows annually. Details on mahina.com.

**Amanda Swan Neal** completed the 1989 Whitbread Around the World Race as rigger aboard *Maiden*, and has over 42 years involvement in offshore sailing including international racing and sail-training. She has logged 346,000 miles, worked as a rigger and sailmaker in England, Australia and New Zealand and has instructed aboard Mahina Tiare since 1994. She is author of *The Essential Galley Companion* and *Marine Diesel Engine Essentials ~ A Learning and Coloring Book*.

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## MAHINA OFFSHORE CRUISING SEMINAR – BOAT SHOWS

Self-sufficiency and preparation for your cruising adventures are the focus to this intensive eight-hour seminar. John, Amanda and Pete McGonagle present 18 dynamic topics illustrated with PowerPoint presentation and documented in the 260-page Offshore Cruising Companion. Shows presented at include Toronto, Chicago, Vancouver, Richmond, CA.

## MAHINA OFFSHORE CRUISING WORKSHOP - MARCH - ANACORTES, WA

This innovative two-day workshop at the renowned Marine Technology Center combines the Mahina Offshore Seminar with eight hands-on classes – sail repair, Sailrite sewing machine, marine engine fuel systems, electrical, hand palm technique, marine engine cooling systems and splicing.

## 2021 & 2025 OCEAN PASSAGE TRAINING IN THE PACIFIC NW MAY-SEPTEMBER

Join us aboard Obelix, a Garcia Exploration for 7-9 day intensive hands-on learning experience. Daily instruction with documentation ensures that you totally master all aspects of operating and maintaining a modern ocean cruising boat. You'll sail 350-400 miles from Bellingham WA, out the Strait of Juan de Fuca and back.

## 2022-2023 OFFSHORE PASSAGE TRAINING IN THE SOUTH PACIFIC MAY-NOVEMBER

Join us aboard Mahina Tiare III, our Hallberg-Rassy 46, for a dynamic and unique hands-on learning experience. Daily instruction with documentation ensures that you totally master all aspects of operating and maintaining a modern cruising boat. Expeditions are from 10-21 days and offer the perfect opportunity for you to increase your confidence and safety level.

## BOAT SELECTION AND PURCHASE CONSULTATION

Searching for the perfect boat for your offshore cruise? For a flat fee of \$750 John will use his extensive experience to help you evaluate, locate, and purchase the best possible boat within your budget.

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