



# Extended Cruising

## Table of Contents

<b>Section 1.0: The Boat</b> .....	1
<b>Section 2.0: Sails</b> .....	15
<b>Section 3.0: The Well-found Vessel</b> .....	23
<b>Section 4.0: Passage Planning</b> .....	35
<b>Section 5.0: Passage Making</b> .....	55
<b>Section 6.0: Weather</b> .....	71
<b>Section 7.0: Oceanography</b> .....	85
<b>Section 8.0: Instrumentation</b> .....	89
<b>Section 9.0: Communications</b> .....	99
<b>Section 10.0: Adverse Conditions</b> .....	111
<b>Appendix A: First aid kit and Travel Advisory</b> .....	I
<b>Appendix B: Skipper's checklist</b> .....	III
<b>Appendix C: Pre-passage checklist for the boat</b> .....	V
<b>Appendix D: Sailors' lore</b> .....	XIII
<b>Appendix E: Suggested repair kits</b> .....	XVII
<b>Appendix F: Navigation equipment</b> .....	XIX
<b>Appendix G: Naval watch system</b> .....	XXI
<b>Appendix H: Wind and Waves</b> .....	XXIII
<b>Appendix I: Other Contingencies</b> .....	XXV
<b>Appendix J: Chartering a Boat</b> .....	XXXV

