

TEST YOUR SAILING SKILLS

There's nothing quite like time on the water.
But have you ever considered the skills it takes to maximize that time?

BY ERICA LUSH

HOW LONG CAN YOU PROVISION FOR?



I planned my a grocery list for two weeks of self quarantine and pretty well nailed it! I wished I had more veg, but I paced myself and got through it just fine!

Do you know how much you eat in a day? How many grams of pasta or rice will fill you up?

We've done month-long passages on board Maiden and still had fresh food available at the end. Sweet potato and

black bean burritos, Asian slaw made with red cabbage and tangy peanut sauce, lentil chorizo soup, and more – the ingredients for these can easily last a month. So how long can you last between grocery store runs?

TEST YOUR FITNESS

What's the most fun you've had while racing sailboats? How hard was it? Would you have placed higher in the rankings if you'd ran to the foredeck faster for the sail change, ground the jib in faster on a tack, or moved the sail stack more quickly to the new windward side? Sailing season will come again – but are you physically ready for it? Now's a great time to get an edge on your competitors!

You can get inspired by checking out our 'Train Like Maidens' Watch series!



CHAT TO OTHERS

Call your loved ones. Get them on video chat if you can! Think of what skills you can develop in this time, and find a mentor. Just reach out! It's perfectly natural to want to be social, and physical distance doesn't have to keep that from you, whether that's due to quarantine or living far away. In fact many people you haven't heard from might be struggling, and you won't know it.

You might not even know it when you talk to them. But a simple phone call could break a pattern of negative thinking. So try and find joy in your day, and then try and spread it!



PLAN YOUR DREAM

Would you rather be setting off for a distant port on the boat of your dreams? Try making a passage plan! Figure out what that dream boat can do for boat speed in various conditions, its fuel and water capacities, and how many crew you would take. Then look up the grib files on Predict Wind, look for a weather window, and chart your course! When do you think you'll arrive? Will the weather patterns change as your supposed journey progresses? How will you stay safe? What kind of watch schedule will your crew maintain? If you really want to test your skills, find these answers and plot the course! Bonus points if you have chart software or a paper chart to track your path every day. (You can find online copies of 1,000's of NOAA charts for free!) Don't forget to keep checking the weather!

