

Recommended Safety Equipment/Procedures for a Coastal Passage During Daylight

By Capt. Keith Dahlin

1. **Life Vest**
(recommend high buoyancy (35+lbs) inflatable life jackets with harness) 5 min. in 50 degrees impairs swimming, climbing and holding abilities.
2. **VHF radio.**
With 1 watt transmit power the Coast Guard can receive calls out to 20 miles. Recommend at least 1/5W marine band hand-held VHF...around \$100 +. Better, VHF with Digital Selective Calling (w/ your MMSI: maritime mobile service id) – DSC- red distress key. And don't forget to register your MMSI number @ www.usps.org/php/mmsi or other websites such as boat.us, sea-tow or FCC. Recommend H/H VHF with built in GPS so you can transmit a DSC signal...\$250+.
3. **PCP's:**
Personal Comfort Paraphernalia – Duffle/Dry bag with....appropriate clothing for weather and activities (Layers, shoes, gloves, etc.), tether, protection from sun (sunblock, hats, sunglasses), food/snacks, sea-sick medicine/remedies, ipod and headphones for music, reading material, sleeping bag, toiletries, flashlight, camera, etc.
4. **Water** (min.
3 liters per day = 3 large water bottles or 3.2 quarts, 6.3 pints, 0.7 gal., 100 fl. OZ.)
Some water can be in the form of coffee, juice, sport drinks, etc.
5. **Rule 5:** Every vessel shall at all times maintain a proper look-out to avoid collisions. Watch keeping system/schedule may or may not be required.
6. **COB**
equipment and response plan (maneuvers under sail and power, throwable PFD's such as the LifeSling, crew overboard poles, buoyant heaving lines/throw ropes, re-boarding equipment)
7. **Charts and tools** (hand bearing compass, watch, dividers, plotter, etc.) w/ hourly positions plotted

- | | | |
|-----|---|----------------------|
| 8. | extra batteries (ex. \$100 Hand Held) | GPS and |
| 9. | with extra batteries (Headlamp recommended) | Flashlight |
| 10. | | First Aid kit |
| 11. | w/ pliers and knife | Multi-tool |
| 12. | (leave with friend or family) | Float Plan |
| 13. | Regulated Safety Equipment appropriate for boat size | Federally |