

# Welcome to LAMI High Adventure

On board the schooner *EXY JOHNSON*

## Participants

When sailing onboard the EXY JOHNSON, you are expected to be a full time active participant weighing at least 70 pounds. We do not ordinarily take passengers, observers, tourists or other non-participants. Each participant is expected to respect others & the program and will be assigned to a watch under the guidance of a Mate and a Watch Captain.

The EXY JOHNSON is a traditional sailing vessel with diesel engines to help us along when the wind quits and auxiliary generators to charge the batteries and cool the refrigeration systems. Each vessel has fresh water tank, two heads (marine toilets), and showers. The galleys are compact but adequate for simple, well planned, meals.

### What to bring:

#### Personal gear must include:

- A sleeping bag and flashlight.
- Several layers of warm clothing (even summer days can be cold at sea), rain gear if it might rain, a swimsuit. A plastic bag for wet things. Do not wear decorative clothing. (i.e. jeans, jackets, belts with protruding decoration, these items deface the wood on the boat)
- Hat for the sun.
- Hand towels and beach towels, tooth brush, toothpaste, other toilet articles.
- Sun screen and sea sickness remedy (optional).
- Personal hygiene & medication you need.
- Soft soled shoes for use on deck and hiking shoes.
- Pack everything in a soft bag. No hard suitcases, steamer trunks or packing crates; space aboard is limited.

#### You may bring:

- A musical instrument, camera, reading material, face mask, fins, snorkel,
- A personal walkman or CD player with head set only, no speakers but use is limited as directed by the Captain or Crew.

**If you bring any of these items, YOU are responsible for the safe keeping OF YOUR PERSONAL property. LAMI CANNOT REPLACE OR REPAIR THESE ITEMS IF LOST OR DAMAGED.**

#### Do not bring:

- Fishing tackle, Scuba Gear, Hair Dryers, Portable Radio, Televisions, MP3's, Computer or expensive handheld electronics.
- Everyone owns a cell phone, if you bring a cell phone, it is at your own risk while aboard the vessels.
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**YOU are responsible for the safe keeping of your cellular phone; we do not have secure storage.**

**LAMI CAN NOT REPLACE OR REPAIR THESE ITEMS IF LOST OR STOLEN. If you have any other questions please call us at (310) 833-6055.**

# What to expect on a Topsail voyage

When sailing onboard the schooner EXY JOHNSON you are expected to be a full time, active participant. We do not ordinarily take passengers, observers, tourists or other nonparticipants.

## The Ship

The EXY JOHNSON are traditional sailing vessels with diesel engines to help us along when the wind quits and auxiliary generators to charge the batteries and cool the refrigeration systems. The SWIFT one fresh water tank, two heads (marine toilets), and no shower. The EXY & IRVING has two fresh water tanks, two heads (marine toilets) and showers. The galleys are compact but adequate for storage well planned meals.

## Captain and Crew

The Captains are U. S. Coast Guard licensed Master Mariners. The Captain is responsible for the safety of the vessel and all people on board. The Captain's word is law. If you do not understand the reason for any of the Captain's instructions please ask for an explanation after you follow the instruction. The other crew members are also qualified under Coast Guard regulations, and are also responsible, under the direction of the Captain, for the safety of the vessel and its people. If you do not understand the reason for any of the Crew's instructions please ask for an explanation after you follow the instruction.

## Watch Assignments

Each participant will be assigned to a watch under the guidance of a Mate and Watch Captain. We usually have three watches with 6 to 10 members on each watch. Each watch will select a Watch Captain and work together as a team for the duration of the trip. It is most important to everyone on board that each watch be as competent as possible and watches assignments will be made with this as the primary goal.

## Setting and Striking Sails

When it is time to set or strike sails you will be assigned to a specific sail with specific responsibilities. It is important to the safety of the ship and everyone on board that you understand how to perform your tasks and the commands to be given. The time to ask questions is before the command is given.

## Sailing Stations

When we are underway you will have a sailing station with specific responsibilities. We will rotate sailing stations from time to time so that you can learn many different skills and find out how the whole ship works. When your watch is on duty, or when you hear the call for "all hands on deck", you must report to your sailing station immediately.

## Docking, Mooring and Anchoring

These are among the most demanding operations that take place on board a vessel. It takes the full cooperation of all onboard to accomplish these maneuvers safely and efficiently. Make sure that you understand your responsibilities during these times.

## Small Boats

We carry small boats on board that we use as shore boats etc. After you have demonstrated your ability to row and tie up the boat properly you may take responsibility as a Boat Operator. Until then you may only be in a small boat with a qualified Boat Operator. We usually have one rescue boat with an outboard motor. The rescue boat may only be used with a crew member on board. At all times it is necessary to have the permission of the captain or a designated crew member to use any small boat.

## **Food, Water, and Ship's Supplies**

Your group will be providing the food and beverages for the week. The fresh water tanks holds over 400 gallons. This is enough water if it is not wasted. It is very important not to waste water by leaving a faucet on longer than necessary. Make sure you know your group's policies about snacks, drinks, and between-meal-eating. Before you grab, make sure you aren't getting into a package of something that is needed for the next night's dinner. While storage is limited, if you need supplies like toilet paper or paper towels, ask a crew member.

## **Cooking and Cleaning**

The responsibilities for preparing, serving, and cleaning-up for each meal, as well as general clean-up of the ship, are rotated between the watches. This schedule will be worked out by the Mates and Watch Leaders and posted in the galley so that you will know what your responsibilities are in advance.

## **Sleeping Arrangements**

The Captain will assign sleeping locations for the crew in keeping with the needs of the ship. The remaining sleeping locations will be divided among the participants by any method you choose so long as all agree the method is fair to all concerned. The Captain will determine the times for preparing beds, turning out lights, and quiet ship (no more talking). During the day all personal gear must be properly stowed, not scattered about the ship.

## **Shore side Activities**

Once we get to our destination there are a variety of activities possible. The program varies considerably from group to group and from place to place. Generally it includes rowing, snorkeling, and beach / cave exploration except when we are at a mainland destination. Most of the anchorages in the offshore islands afford interesting and spectacular hikes to match the abilities of the participants.

## **Prohibited Activities**

- NO SMOKING ON BOARD THE EXY JOHNSON.
- NO DRUGS, OR OTHER ILLEGAL SUBSTANCES FOR THE DURATION OF THE TRIP.
- NO SCUBA DIVING.
- NO FISHING.