

# Half Moon Bay Expedition

## About the Trip

Join us for a sail down to Half Moon Bay! Spend the day sailing down wind, watching for whales and surfing swells. We will depart from Modern Sailing at 8am to head out the gate. Anchor just past Mavericks' surf break in the protected outer break wall of Pillar Point Harbor. Once Coho II is secured we will dingy to shore and explore. Dinner will be at the end of a short beach trail to Sam's Chowder House and Oyster Bar where a heated back patio overlooks the anchorage. Other evening activities include a walk down the beach or enjoying a night cap at the local favorite - Joann's Bar and Restaurant. After breakfast, we will make are way back up the coast.

This coastal trip will be a great opportunity to experience offshore sailing. Here are some things you can expect and tips on how to be prepared.

## Itinerary

Weather conditions often dictate offshore sailing itineraries. Saturday morning we plan to leave the dock at 8am and sail or motor sail south to Half Moon Bay. This can typically take 4 – 6 hours. Once we enter Pillar Point Harbor, we will anchor inside the second break wall near the dinghy dock. We will then be able to taxi the crew to shore for a walk down the beach and dinner. If delayed, we will cook underway. Sunday morning we will make breakfast onboard before departing for home. On the way back, it is not unusual to motor part of the way when going north along the coast due to prevailing conditions and light wind. We aim to be back in Sausalito by 6pm Sunday evening.

## The Boat

We will be sailing on Coho II, our Spencer 44. This 44 foot boat is specifically designed for offshore cruising and racing. Coho II is equipped with all the necessary heavy weather and ocean sailing equipment including GPS, RADAR, chart plotters, storm sails, a spinnaker, jack lines and tethers.

Below deck the living quarters are both comfortable and functional. The galley has plenty of storage space for all our provisions and cooking underway is very easy. Galley equipment includes a 3 burner gimbaled stove and oven, large sink, refrigerator, and freezer. The inverter will supply power for charging phones and other devices.

There are 3 berths on board as well as 3 bunks within the salon area. The V-berth and starboard quarter berth are double bunks that can sleep 2 comfortably. Berths will be selected the day of departure. Couples or friends can request the double berths.

The salon provides a large settee and table for group meals, relaxation, or navigation work. There is one head and shower onboard, just aft of the V-berth.

### **What to bring**

- Warm layers
- Foul weather gear (waterproof layers)
- Sailing gloves
- Closed toe shoes with a light color or non-marking sole.
- Sun protection; sunscreen, hat, sun glasses
- Comfortable clothes for sailing – quick-dry/wicking athletic wear works best
- Comfortable clothes for sleeping and lounging
- Sleeping bag and pillow
- Toiletries and personal items needed for the weekend
- Prescription medications
- Head lamp with red light setting for night vision
- Pack a small to medium size soft duffle bag or gear bag. Please no hard shell, rigid suitcases, or wheeled bags, as these are harder to stow.

### **Provisions – update with dinner at Sams**

The boat will already be provisioned when you arrive. We will provide 2 lunches (Saturday and Sunday), 2 breakfasts (Saturday and Sunday) and lots of snacks. Dinner will be a Sam's Chowder House and Oyster Bay in Half Moon Bay. Lunches are usually something easy that can be made while underway like sandwiches, cold pasta salad, fresh veggies, etc. Breakfasts can include eggs, bacon, fresh fruit, granola, yogurt, and bagels.

If you have any special requests or dietary needs, please let us know in advance. We will do our best to accommodate everyone. You are also welcome to bring your own food if you wish.

### **Safety onboard**

The boat is well equipped to safely cruise the coastline. Gear onboard includes a self-deploying life raft, EPIRB, life sling, horseshoe float, flares, VHF radio, jacklines and tethers. There will be PFDs on board for everyone, but you are also welcome to bring your own. If bringing your own, we suggest offshore inflatable PFDs with built harnesses as they provide a comfortable fit for wearing all day and night.

If you are concerned about seasickness, there are several solutions to prevent illness and ease an upset stomach. Over the counter sea sickness medication is widely available at most drugstores. This is best taken the night before your trip (it can take 4 – 6 hours

to take full effect), then again in the morning with a light meal. If you have never taken seasickness medication before, you may want to take some the weekend before to see how it affects your body. The most common side effect is drowsiness and various degrees. Avoid eating a heavy greasy breakfast before your trip. Dairy, caffeine, and citrus can also leave you with an uneasy stomach while underway. Staying hydrated and alert on deck will help to prevent you from feeling sick. If you begin to feel sick on board, candied ginger or saltine crackers can help ease your stomach.

### **MSC Expeditions Cancellation Policy**

- If you need to cancel for the trip, you may do so without charge with more than 30 days notice of the trip date.
- If you cancel 30 days to 14 days before the trip date, you are subject to pay 50% of the trip cost.
- If you cancel with 14 days or less before the trip date, you are subject to pay 100% of the trip cost.
- However, if we are able to fill your spot after you cancel, you will be refunded your enrollment fee.
- If the trip is cancelled by MSC for any reason, you will get a full refund.

### Trip cancellations

- Modern Sailing may cancel the trip if weather conditions are unsafe at any time.
- Modern Sailing may cancel the trip if we do not meet the minimum enrollment requirements. We will notify you 7 days prior to the departure date. We may choose to turn around and head back to Sausalito for any of the following reasons;
  - Severe medical issues
  - Weather conditions
  - Boat issues that would prevent us from continuing safely
  - We may not prematurely return to Sausalito due to mild seasickness.

If you have any questions, feel free to call the office at (415) 331 – 8250 or email us at [expeditions@modernsailing.com](mailto:expeditions@modernsailing.com). We look forward to having you onboard!