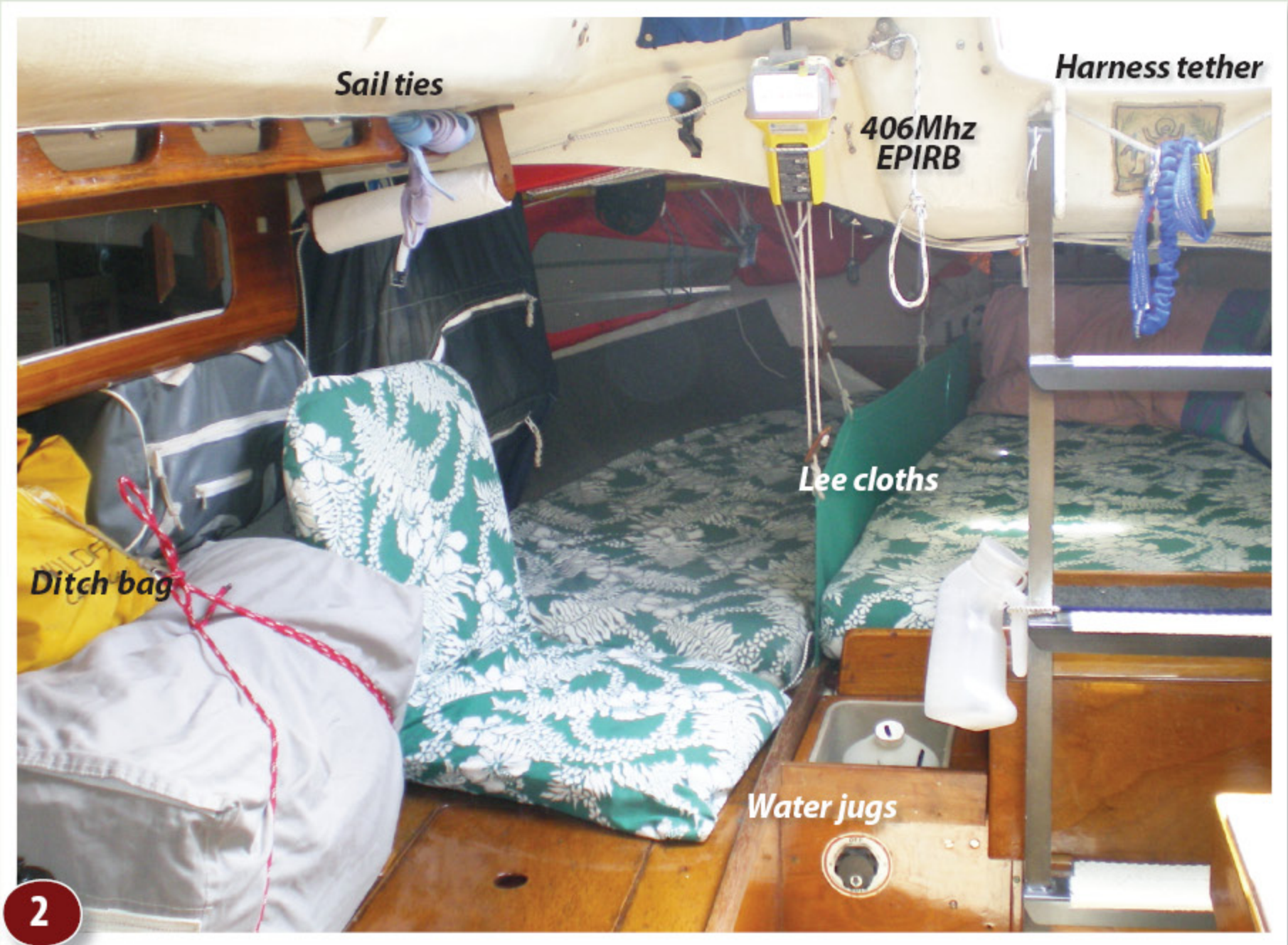


SINGLEHANDED SAILING



1. Jars, hooks, and clips keep Wildflower's galley gear handy. **2.** The quarterberth offers snug sleeping quarters. Emergency kits are close at hand, and the tether is ready for clipping in.



The Care and Feeding of the Singlehanded Sailor

Although *Wildflower* does not have refrigeration, provisioning for a two- to three-week passage is relatively simple. The galley has a two-burner propane stove (no oven), and heating water is really the only "cooking" I do when it is rough. All galley work is done sitting down.

At the race start, when it's windy and cold, I rely on instant oatmeal, chowder soups, hard-boiled eggs, crackers, dried

fruit, and nuts. Fresh fruit is wrapped in newspaper, and lasts the entire passage.

As the wind swings aft in mid passage, and the seas diminish, the menu grows: granola and half-caf coffee for breakfast; an avocado, cheese, and (canned) turkey or tuna sandwich for lunch; and a one-pot precooked Trader Joe's meal for dinner.

As *Wildflower* approaches Hawaii and the proverbial butter begins to melt, the menu again changes: an omelette with

fried potatoes, peppers, onions, toast, and marmalade; Ak Mak crackers with cheese, salami, and Inglehoffer mustard—a throw-back to my rock-climbing days; a salad of cabbage, avocado, canned tuna, jicama, nuts, dried fruit, and whatever looks good. Snacks are puddings, nut "gorp," Girl Scout cookies, and hot chocolate.

With all this eating, it remains a mystery why I invariably lose a half-pound of weight/day on offshore passages.