OHANA
• agence de voile •



Basic Guide

- Kingston, ON -

A playground for sailboats and catamarans. Its breathtakingly beautiful landscapes will leave you speechless!







GETTING THERE

The meeting point will be in front of Dock C at the Portsmouth Olympic Harbour Marina, 15 minutes before boarding. It's about a 3.5-hour drive from Montreal or 4.5 hours by train. The train station is a 15-minute taxi ride from the marina, and public transit is also available from the station.

ON SITE

You will sail on Lāna Sea, an Excess 11 Pulseline (37 feet) catamaran with 4 cabins for our guests and crew.
3 double cabins are available for a maximum of 6 guests.

INSURANCE

<u>An essential before leaving</u>
Make sure you have travel insurance for every member of your group.

For a worry-free trip, we highly recommend having travel insurance. Comprehensive coverage can protect you against accidents, repatriation, flight and hotel cancellations, trip interruptions, and lost luggage.



KINGSTON, ON

THE ESSENTIALS



Please use soft bags for your luggage, as hard-shell suitcases are very bulky and inconvenient on board. At the risk of leaving your suitcase on the dock.



On land, the voltage is 220V. Please bring USB-A cables to charge your devices. The catamaran is equipped with solar panels, and the onboard voltage is converted to 110V.



Don't forget your textbook and logbook for the course!



Free Wi-Fi is available at the marina. Staying connected is easy with plenty of Wi-Fi zones in restaurants and cafes, although the connection can vary from place to place. You're welcome to use your roaming data when we'll be sailing close to the coast. Offshore, it will obviously be more difficult to stay connected.



Remember to inform us about any types of allergies or health problems you may have that would require special attention. Don't forget your Epipen!

SOME GREAT ANCHORAGES

Located at the eastern end of Lake Ontario, where the St. Lawrence River begins, Kingston is a historic city known for its rich nautical heritage and friendly atmosphere. It's an ideal starting point for exploring the waters of Lake Ontario and the region's beautiful bays and islands.

During your stay, sailing will take place mainly on Lake Ontario, with several possible anchorages depending on the weather, the group, and your instructor's decisions: Irvine Bay, Main Duck Island, Kerr Bay, Stella Bay, Big Sandy Bay, Half Moon Bay (Little Buff), and Waupoos Island, among others. Each stop offers a unique setting to relax, swim, and enjoy the stunning scenery.

YOUR LUGGAGE

WHAT TO BRING?

Here is a checklist of things to remember for your trip as well as some suggestions:

- **Piece(s) of ID**. Also remember to always have photocopies of your IDs with you, stored in a d ifferent place than the ID itself. We also advise y ou to take a photo of your IDs with your cell phone;
- Train tickets;
- Travel insurance;
- Wallet with:
  - Money (CAD);
  - Credit card(s);
  - Boating license;
- Travel guide: Routard or Lonely Planet;
- Applications that may be useful to you: We recommend Navionics and SailTies;

Health

- At least one water bottle (plastic, not metal);
- Some medication:
  - Imodium or equivalent, antidiarrheal;
  - Gravol or gravol ginger for seasickness;
  - Cough drops for sore throats;
  - Tylenol (acetaminophen)
- Sleeping pills if necessary;
- Antiseptic;
- Hand sanitizer;
- High SPF sunscreen;
- Mosquito repellent, Band-Aids;

Hygiene

- Toothbrush, toothpaste;
- Biodegradable soap and shampoo, cotton buds, razor, pair of scissors, nail clippers, deodorant;
- Tissues;
- Bath towel(s);

Practical

- Sleeping mask, earplugs;
- Polarized sunglasses;
- Notebook, pen and textbook/notes for the course;
- Sail Canada Logbook;
- Quality Swiss Army knife;
- Mask/snorkel, swimming fins etc;



Clothes

- T-shirts;
- Long sleeve T-shirts;
- UV-protective shirt/Lycra top
- Dress shirts/dresses if you plan on going to a fine-dining restaurant;
- Regular pants/jeans;
- Joggings;
- Shorts;
- Swimsuit(s);
- Socks and underwear;
- Confortable shoes that won't stain the deck (white soles preferred);
- Sandals;
- Water shoes, if needed;
- Cap, hat;
- Jacket, sweaters;
- Coat: Try to have at least one waterproof jacket or coat (Gore-Tex or other);
- Sailing gloves, if needed;
- Plastic bags to put your dirty laundry/shoes etc. in;

Electronics

- Flashlight or headlamp;
- Universal power outlet adapter;
- Cellphone and cellphone charger (USB-A);
- Portable battery, also called portable charger or powerbank;
- Waterproof phone pouch
- Noise-cancelling headphones;
- Camera and accessories;
- GoPro or similar action cam and accessories;
- Tablet and lightweight laptop, if needed.