OHANA
• agence de voile •



Basic Guide

- The Bahamas -

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







GETTING THERE

Your catamaran awaits at anchor in the turquoise waters of Nassau, Bahamas.

The boarding location is approximately 35 minutes from Lynden Pindling International Airport. Please meet at the dinghy dock at Montagu Bay Beach in Nassau, 15 minutes before boarding.

Your instructor will greet you there and take you by dinghy to the catamaran across the crystal-clear waters of the Bahamas.

ON SITE

You will sail on Lāna Sea, an Excess 11 Pulse Line (37 feet) catamaran with 4 cabins for our guests and crew.
3 doubles 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.



THE BAHAMAS

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.



Shore power operates on 120V. Please bring USB-A or USB-C charging cables for your devices. The catamaran is equipped with solar panels and provides 120V power on board for charging your electronics.



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



The currency used in the Bahamas is the U.S. Dollar (USD). Credit cards are widely accepted and are recommended for most purchases.

Wi-Fi is available in many restaurants and cafés throughout the islands, although connection quality may vary depending on the location.



You are welcome to use your mobile data while we are sailing near the islands. Once offshore, cellular coverage becomes more limited and internet access may be intermittent.



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!

A PLEASANT WEATHER

The Bahamas enjoy a tropical to subtropical climate, moderated by the trade winds and the surrounding ocean. There are two main seasons: a drier season, generally from November to April, and a warmer, more humid season from May to October. The average annual temperature is approximately 26°C (79°F), with moderate seasonal variations. During the cooler months, temperatures typically range from 18°C to 27°C (64°F to 81°F), while the warmer months generally see temperatures between 25°C and 33°C (77°F to 91°F). The most pleasant time to visit the Bahamas is usually between December and April, when temperatures are comfortable, humidity is lower, and rainfall is less frequent.

THE WINDS

From December through April, the easterly to northeasterly trade winds blow consistently across the Exumas, typically at moderate strength. With their protected waters, numerous anchorages, and relatively short sailing distances between destinations, the Exumas offer an ideal environment for cruising under sail throughout much of the year.

YOUR LUGGAGE

WHAT TO BRING?

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

- **Passeport**. Also remember to always have a photocopy of your passport with you, stored in a different place than the passport itself. We also advise you to take a photo of your passport with your cell phone;
- Plane tickets;
- Travel insurance;
- Wallet with:
  - Money (EUR);
  - Credit card(s);
  - Boating license;
  - Diving certification;
- 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.