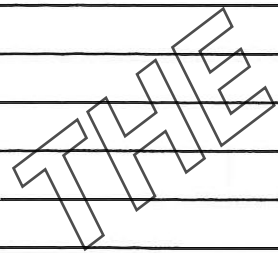


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THE CRUISING LOG
SAMPLE PAGE

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EQUIVALENTS

- 1 Statute (Land) Mile = 5280 Ft.
- 1 Nautical Mile (Knot) = 6076 Ft.
- 1 Fathom = 6 Ft.
- 1 Meter = 3.28 Ft.
- 1 Kilometer = 0.62 Statute Miles
= 0.54 Nautical Miles
= 1000 Meters
- 1 Foot = 0.30 Meters
- 1 Inch = 2.54 Centimeters
- 1 Centimeter = 0.39 Inches
- 1 Gallon = 3.78 Liters
- 1 Liter = 1.06 Quarts
0.26 Gallons (U.S.)
- 1 Displacement Ton = 35 Cu. Ft. Saltwater
= 36 Cu. Ft. Fresh Water
- 1 Cu. Ft. = 64 Lbs. Saltwater
= 62.4 Lbs. Fresh Water
- Celsius ° = (F° - 32) x $\frac{5}{9}$
- Fahrenheit ° = (C° x $\frac{9}{5}$) + 32

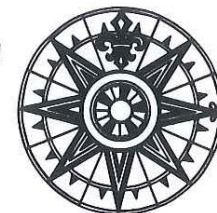
FLOAT PLAN

(As recommended by the U.S. Coast Guard)

The Coast Guard does not provide the following service but encourages you to leave your sailing plans with friends or relatives to whom you can report your safe arrival. It is equally important for you to advise them of any changes to these plans. Should your friends or relatives fail to receive information on your arrival when due or within 24 hours thereafter, they should notify the nearest Coast Guard activity station with the following information:

- a. Vessel's name and registration number
- b. Length, type, description, color, and any other characteristics
- c. Itinerary (departure, intermediate stops, destination)
- d. Provisions and emergency equipment aboard
- e. Owner's name, age, address, and experience
- f. Operator's name, age, address, and experience
- g. Names, ages, and addresses of all persons on board
- h. Radios, call signs, and frequencies

EQUIPMENT CHECKLIST



In addition to the items on this list, there may be other items required by your state laws and/or determined by use of the vessel. Please check with your local agency to determine compliance and with the U.S. Coast Guard Rules for specific guidelines.

- P.F.D.s — Personal Floatation Devices: one per person.
- Throwable cushion.
- Fire Extinguishers: one forward and one aft.
- Whistle and/or bell.
- Orange Flag with black square/circle
- SOS light or 3 orange smoke signals — or 3 day/night flares.
- Navigation lights.
- Backfire flame arrestor, one for each carburetor on inboard gasoline engines.
- Ventilation and power blowers for inboard engines.
- Container for oil, garbage and other pollutants.
- Registration (check your state regulations).
- "Discharge of Oil Prohibited" plaque on vessels over 26'.
- Marine holding tank for waste.
- Copy of U.S. Coast Guard Rules International/Inland.
- 2 anchors, including 1 lunch hook.
- Boathook.
- Bucket or hand-held bilge pump.
- Compass.
- Up-to-date charts and cruising guides for your area.
- Docklines: at least 6 lines equal to the length of the boat.
- Distilled water.
- Fenders: at least 2.
- First-aid kit and manual.
- Flashlight.
- Tool kit and spare parts kit for minor repairs.
- Paddle for boats under 26'.
- Ring or horseshoe buoy.
- Tide and tidal current tables.
- Chapman's Piloting, Seamanship & Small Boat Handling.

CRUISING

Destination: _____

Estimated Time of Arrival: _____

Port of Departure: _____ Date _____

Time of Departure: _____

Port of Arrival: _____ Date _____

Actual Time of Arrival: _____

Guests Aboard _____

Weather Conditions: _____

Barometer: _____ Wave Height: _____ Wind: _____

speed

direction

Events to Remember: _____

Places to Remember: _____

Comments: _____

GUEST REGISTER

[illegible]