



Information Document – Wabi Sabi Cruise

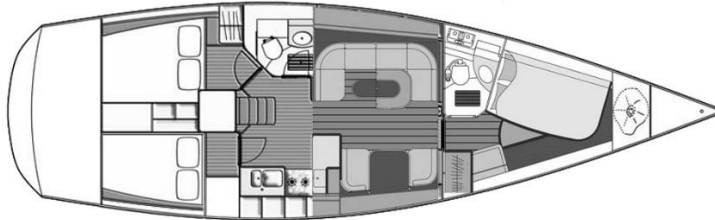
Shipowner & Skipper

Francesco Ciccotti – phone and whatsapp: +39 347 3624 480.

Sailingboat

Wabi Sabi

Wauquiez Centurion 45s
14 mt
3 cabins - 2 bathrooms.



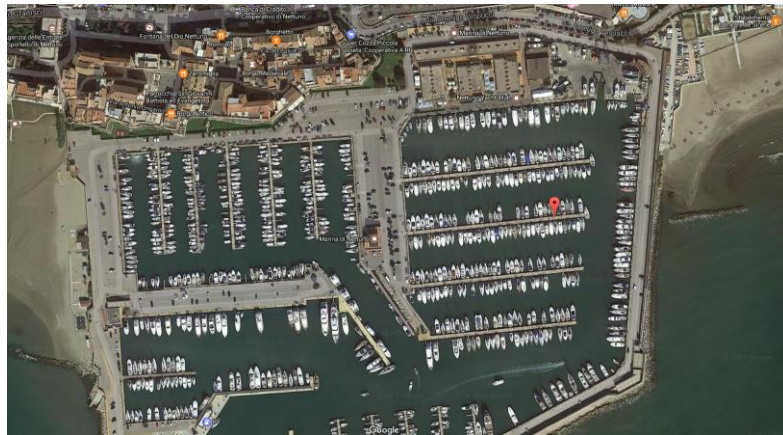
Boarding

Boarding takes place at the times indicated on the booked holiday.

Cruise in Pontine Islands

Skipper Francesco await you at Marina di Nettuno, **boat place F66**.

If you come by car, it's possible to find parking just outside the Marina.



Cruise in Sardinia

The boarding city is indicated on the holiday you have booked.

For the boarding place, please contact the skipper Francesco at +39 347 3624 480

Landing

Landing takes place at the times indicated on the booked holiday, at the same port of boarding.
The boat must be left clean.

Included in the fee

The fee include the following expenses

- Boat;
- Skipper;
- Overboard;
- Final cleaning;
- Port fees for moorings in the port of Nettuno.

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NOT included in the fee

The fee does NOT include the following expenses that are incurred during navigation, and which must be **re-shared between the entire crew, with the exception of the skipper**:

- port fees for moorings in different ports from the port of Nettuno;
- gas and diesel;
- minor damage due to negligence;
- galley;
- any tourist tax in the parks.

Extra Services

When booking or at least one week before departure, it is possible to request extra services.

Service	Price
Exclusive stateroom	120€ /weekend 200€ /week
Linen	25€ per person
Hostess	100€ a day

Useful informations

Some very practical tips to make your sailing holiday more pleasant and functional. A boat holiday is available to everyone but you need to have some spirit of adventure and adaptability.

Baggage

1. a **baggage very tight, light and soft** (it's better to avoid trolley with wheels, a soft bag can be stored easily, thus avoiding scratches to the wood of the boat);
2. the **shoes** will not be necessary because you are barefoot on the boat, but if you really want to be quiet and wear them for eventualities, you should wear shoes with clean and clear rubber...better if white; you should bring the slippers (always with the under clean) for possible shower in port or to get off if you wish;
3. a **k-way** is always comfortable and cluttered slightly as well as a light sweater for the evening;
4. the **sheets**, the **pillowcases** and the **towels**, could be provided on request; a **sleeping bag** is good for the bed;
5. absolutely must not miss a beach towel, costumes, protective cream;
6. few clothes...you will always wear shorts and T-shirts;
7. **if you are not more than sure not to suffer seasickness**...bring with you everything you need for the eventuality...first of all Xamamina;
8. each must provide their own personal medicine (do not forget the health card).

Lastly...for those who want, there are welcome: nice clothes, make-up for girls and special accessories...do not forget that you have a **professional photographer** on board who likes to capture the best moments of your holiday!!

Toilette

The sailboats are equipped with a toilet that is quite similar to what we all know, but very different in terms of operation compared to the house's one. In fact, a **manual pump** is used for its emptying. For safety reasons, the pipes that make up the system have a very small diameter. For this reason you can not absolutely throw toilet paper, kitchen paper, absorbent...in the toilet.

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Galley

The galley is the provision of food and all that is needed for life on board.

Before departure, you will carry out the **grocery** and it is important that everyone should present any food intolerances or preferences, considering, however, that it is often difficult to find some particular foods (for example gluten-free), for which it may be advisable to provide it autonomously.

The grocery must be done for the total crew including the skipper; the amount spent will be redivided between the entire crew except for the skipper.

You can buy everything you prefer (the skipper eats everything, except for the entrails :-!)), it is advisable to choose every thing that is prepared quickly (to avoid spending too much time on the stove!); for example cold pasta with tomato and mozzarella, pasta with tuna or pesto, rice with salad, meat to be cooked in a pan, cold cuts, cheese, smoked salmon, fruit. For the breakfast, same as above...everything you prefer (the skipper, if possible, as a single request, would prefer whole milk with long preservation, in order not to clog the fridge, wholemeal rusks and bitter orange marmalade).

Regarding the amount of grocery you can make, you can decide. In all cases, if it is necessary, it is possible to go ashore at any time to make additional grocery (even if this would result in waste of time and higher costs). To simplify the galley in the following you will also find a **standard list**.

The boat is equipped with a fridge, but to avoid making it incapable, you must have **some precautions**...for example:

1. to buy bottles of max 1.5 liters and not 2 liters;
2. for beer and various drinks, it's better to buy cans, they are more practical and do not break;
3. for salads, it's better to avoid those wrapped, they are comfortable, but swell occupying a lot of space and quickly waste...it's better to buy cucumbers, peppers, tomatoes, cabbage or iceberg salad (which does not even need to stay in the fridge...)

Lastly, the boat is equipped with most of the detergents (just buy a small one for dishes, maybe biodegradable); eventually it should be lacking something in particular, you will be informed... however, in any case must be purchased: toilet paper, napkins or scottex, plastic cups and garbage bags and bags for the bathroom.

Where to shop:

Boarding from Nettuno: the grocery could be done directly to Nettuno; there are supermarkets reachable both on foot and within a few minutes by car.

Boarding in port other than Nettuno: we recommend that you first inquire about any supermarkets near the port of embarkation.

Life on board

Experience teaches that harmony in the boat - which is the first and essential condition for a serene, pleasant and relaxing life on board - is the result of the mutual collaboration between boarded cruisers. It naturally arises when everyone works freely according to their attitudes and predispositions to carry out the tasks and activities that are most congenial to them.

Respect

The good manners rules, order and cleanliness are fundamental in a community life and concern their own cabin and common areas. At sea you are not alone, you can have fun even in full respect of those who are moored in our vicinity.



Adaptation

Adaptation to various situations and respect for the needs of others is essential to maintain harmony on board. At sea, it is always necessary to consider the possibility of unexpected events; those embarking on a cruise must be prepared to accept program changes and shift times.

Fresh water

Never let precious water run from the taps unnecessarily. On a sailboat you do not have water at will and often refueling can not be done immediately. It is therefore necessary to learn how to optimize the amount of water available, avoiding waste. Considering the various baths at sea during the day it is good to provide only for the evening a shower to rinse off the salt. For the further water saving the "marine soaps" can be used, designed for showers and shampoos with sea water. A glass of water is sufficient to brush your teeth. Dishes and pots can be rinsed first with salt water, immediately after each meal, in order to avoid fouling and unpleasant odors.

Smoke

Smoking is not allowed below deck, it is allowed only outdoors and 'leeward' to others. Cigarette butts should not be thrown into the sea! A plastic bottle with a finger of water should be used to obtain an airtight ashtray.

Garbage

It is a good idea, especially on a sailing boat, to minimize waste. You do not always have the bins available for garbage and you may have to keep them for a few days. Always divide 100% biodegradable waste from undifferentiated waste. It is the fresh food that in decomposing generates unpleasant odors, this once separated from other waste can be thrown into the open sea while sailing far from the coast.

Electricity

The boat is equipped with **generator** and **inverter**, so you can charge mobile phones, PCs and batteries of any kind...you can also use the hair dryer if ladies want it.

It is always advised to avoid leaving unnecessary lights on.

At sea the energy on board is supplied by 12-volt batteries that power all the boat's systems. Also in this case it is strongly recommended to avoid leaving the lights on and avoid charging mobile phones and cameras.

Niceties

It is right to use the **protective cream** not to burn, but it should not be smeared when you are under deck, and once spread, it is absolutely avoided to lie down without towel (not to put the cream on the teak) and lean on all sides wooden boat (both above and below deck).

On the boat you take a bath as many times as you want, but **when you're wet you do not have to stay in the cockpit** (the salt water tends to dry with difficulty and you risk to always have the well wet), nor let it go under deck.

The **skylights** should not be used as head restraints and should not be closed by force without first being unlocked; just rotate the blocking pump and close properly without difficulty.

It is important to be careful not to leave **unnecessary lights on**.



Galley list

USEFUL	DRINKS (bottles NOT 2 lt)
Dishes	Water
Water glasses	Sparkling water
Coffee glasses	Canned beer
Napkins	Vine
Scottex	Coca-cola
Paper towels	Orange juice
Liquid soap	Sprite
Small garbage bags for the bathroom	Other
Medium garbage bags for kitchen	
Big garbage bags	
BREAKFAST	APERITIF
Milk (long storage, bottle with cap)	Chips
The	Pistachios
Coffee	Peanuts
Fruit juice (choice of flavors)	Pate (olives, tuna, pink sauce, sesame ...)
Yogurt	taralli
Wholemeal Rusks (Skipper Request)	White bread
Cookies	
Brioches	
Cereals	
Marmalade	
MEALS	
Integral Crackers (Skipper Request)	Tomato sauce
Bread	Pesto
Piadine	Artichoke cream
Oil	Mushrooms cream
salt	Pasta (spaghetti, penne ...)
	Rice
Verza	Cous cous
Salad (no in envelope)	Barley / Quinoa
Tomatoes	
White / red cabbage	Canned chickpeas
Carrots	Canned beans
Zucchini	Tuna
Eggplant	Mackerel
Peppers	eggs
Celery	Condiriso
Fennel	Aubergines in oil
Cucumbers	Tomatoes in oil
Lemons	Artichokes in oil
Onions	Meat (pork, chicken, turkey, hamburger)
Stracchino	Melon
Certosa	Bananas
Mozzarella	Apricots
Feta	Peaches
Cheese	Grapes
Parmigiano	Apples
Salmon	Pere
Sliced	Plums

For any clarification the Skipper is at your complete disposal!

Wabi Sabi Sailing