



The Care and Feeding of the Sailing Crew: Revised and Expanded Third Edition

Lin Pardey, Larry Pardey

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Since it was first published in 1980, *The Care and Feeding of Sailing Crew* has become the preferred resource for cruising sailors-whether they're planning a weekend afloat or a round-the-world voyage. Two circumnavigations and 185,000 miles of voyaging have given Lin and Larry Pardey an ideal vantage point for sharing useful information on all aspects of preparing for an enjoyable life aboard. This unique volume covers everything from outfitting a galley to organizing meals safely in rough weather; from controlling seasickness to creating the right conditions for a well-rested crew. Filled with useful recipes and guide lines for provisioning for a first voyage or reprovisioning along the way, it is useful for both neophytes and experienced voyagers. Even those unlikely to cross oceans will be intrigued by the sailing stories used to make this an amazingly readable book. The completely revised and expanded third Edition, includes new information on nutrition, on waste disposal, on entertaining afloat and on the current ways to handle finances, officialdom, and the paperwork of cruising to foreign destinations.

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