

## ***What to Bring on The Mac***

First, dress appropriate for the weather for the start of the Mac. That is one outfit and you will probably be in it for two days. It should include: sailing gloves, hat with tether, sunglasses and boat shoes.

Then the items I consider essential gear to pack are: a change of clothes especially socks and underwear, bite light or head light, water proof flashlight (the smaller and more powerful the better), rain gear, jacket, long sleeve shirt, long pants, sweater, and knit hat for warmth at night. All of your gear and items should fit in one small hopefully waterproof bag.

I look at the weather and if we are expecting storms I bring foul weather sailing boots and foul weather sailing gloves. I don't bring them and really do not want to bring them if we are not expecting major storms.

If I do not bring boots then I bring an extra pair of deck shoes. I like dry feet and only once, the 2012 Mac with following seas, was I on a Mac were it didn't rain during one of my watches.

I tend to like layering. I do not have expensive "Ocean Racing" foul weather gear. I have heavy duty "Yellow Rain Suites." They are easier to get into and out of, and small and light to pack besides being inexpensive. I bought my last set in 2000 for \$20. They keep me dry and will fit over whatever I am wearing because I buy one size bigger. If it is cold and I am already layered, I can put the rain suite over it all, even my PFD. If it is warm and starts to rain, I am more likely to don the rain suite because it is light and easy to put on and take off.

Plan on buying a commemorative shirt on the island, it's the only way you can be assured of having a clean dry shirt. For the island and your first shower bring a towel and I like flip flops for the bathroom. Travel tooth paste, brush, mouth wash, hotel bar soap and shampoo is nice. I bring a bottle of rubbing alcohol and a wash cloth, and take sponge baths during the race. I have not seen anyone else do that but you feel great after one and they can be taken when it is cold out.

Nice things to bring if you have them or can borrow them are a handheld GPS, hand bearing compass (hockey puck type is best), Personal Locator Beacon (PLB), binoculars, and camera.

## ***What is Required for The Mac***

Here are the requirements for Personal Equipment as found in the 2013 Mackinac Safety Regulations. <http://www.sailboat-racing.com/Txt/Mac%20Safety%20Regs%202013.pdf>

Again, safety first.

### **Personal Equipment**

67. *Personal Flotation Devices (PFDs)* -- Each crew member 16 years of age or older shall have **either**:

a Type 1 U.S. Coast Guard approved PFD **or**,

an inflatable PFD having at least thirty-two (32) pounds buoyancy and designed to securely suspend an unconscious person face upwards at approximately forty-five (45) degrees to the water surface. All inflatable PFDs shall have a compressed gas inflation system. Inflatable PFDs need not have a water-activated auto-inflate system in order to satisfy this requirement. Belt pack PFDs are **not** allowed to satisfy this requirement.

Crotch Straps are strongly recommended to be fitted to and worn with all PFD's.

Each crew member under sixteen (16) years of age shall have a U.S. Coast Guard approved PFD appropriate for the crew member's age and weight and suitable for offshore sailing conditions, as determined by the Person-In-Charge.

68. *PFD Equipment* -- Each PFD must be equipped with a whistle, a waterproof light, be fitted with marine-grade retro-reflective material, be clearly marked with the boat's or wearer's name, and be compatible with the wearer's safety harness. If the PFD is inflatable, it must be regularly checked for air retention.

69. *Wearing of PFDs* -- Each crew member shall wear PFDs complying with MSR 67 and MSR 68:

1. while on deck between sunset and sunrise; and
2. at all other times, unless the Person-In-Charge directs they be put aside.

The U.S. Sailing prescription requiring that all crew members wear their PFDs while starting and finishing is waived.

70. *Safety Harnesses and Tethers* -- Each crew member shall have a harness, and a safety line (tether) not more than seven (7) feet long with a snap hook at one end and a quick release shackle on the harness end that is releasable under heavy load.

71. *Personal Safety Knife* -- A knife, straight blade or, if folding, able to be opened with one hand, to be attached to or carried on each crew member at all times. the *Personal Safety Knife* must be readily accessible at all times including while wearing foul weather gear and PFD/Harnesses.

### **Training**

72. *Annual Man Overboard Practice* -- Man-overboard procedures appropriate for the boat's size and speed shall be practiced aboard the boat at least annually. At least two-thirds of all crew members racing on the boat during the Race must participate in this practice. A Crew Overboard Drill Certificate of such practice shall be signed by participating crew members and kept aboard the boat

[http://www.cycracetomackinac.com/assets/1/7/2013\\_crew\\_overboard\\_cert.pdf](http://www.cycracetomackinac.com/assets/1/7/2013_crew_overboard_cert.pdf)

[http://www.bycmack.com/mack/pdf/2013\\_crew\\_overboard\\_form.pdf](http://www.bycmack.com/mack/pdf/2013_crew_overboard_form.pdf)

Practice of the "Quick Stop" man-overboard procedure is strongly recommended

73. *Safety at Sea Seminar* -- It is strongly recommended that at least 30% of the crew (including the skipper) have completed a US Sailing approved Safety at Sea Seminar within the 5 year period preceding the start of the race