

***Pèlerin* cruising plans 2012 – leg 1, Canary Islands – Senegal.**

Outline voyage:

Lanzarote – Dakar, Senegal. Distance c. 900 nM. Departure date on or around the 30th October. Passage duration c. 7 days. Prevailing winds are N or NE, so all being well it should be a straightforward downwind leg, with few dangers apart from fishing activity (large trawlers offshore, artisanal pirogues inshore) as we close the shelf edge and the African coastline. Climate in Senegal at that time will be humid as it will be the end of the wet season.

Arrival and departure.

Arrecife – Good connections to major UK airports such as Gatwick or Stanstead, via budget airlines including Easyjet, Ryanair and Monarch.

Dakar – Yoff Airport. Best prices are via Paris, or via Banjul (Gambia) to London.

Visa requirement – none for EU citizens.

Currencies:

Canary Islands – Euro. No problems obtaining cash, ATM's everywhere.

Senegal - West African CFA, Exchange Euros etc. Obtaining cash OK in Dakar.

Health:

There are no major health issues in the Canary Islands. Mosquitos are scarce, and sanitation is good. For both countries bring plenty of high SPF sunscreen and a sun hat – you'll need them.

Senegal, in common with most West African countries demands more precautions. Vaccination against yellow fever is obligatory (as is a current certificate to that effect) and Hepatitis A and Typhoid are recommended. We would also recommend that you consider vaccination against rabies, especially if you plan to stay on and travel in the country after the voyage. Visit the [MASTA](#) website for the latest information, and to purchase your personal travel plan for presentation to your local surgery (doctor's office) to get your vaccinations.

Malaria is prevalent in Senegal, and we need to be mindful of this as we plan to visit the deltas of the Sine Saloum and the Casamance, where mosquitos will be numerous. No-one can suggest with certainty whether you might become infected or not – we have friends who spent months in these areas and no-one in their families contracted the disease. But, as it's a very unpleasant experience (at least) if you do, we strongly recommend that you consider taking an anti-malaria drug. All of the available drugs can have strong side-effects, so unless you have previous experience and know which one works for you, get medical advice. Don't wait until you arrive to obtain these – you need to start the course before entering a malarial region, and many drugs in West Africa are reported to be counterfeit.

There have been reports of outbreaks of dengue fever in many parts of the region in recent years. This is a painful and unpleasant disease (I speak from experience), and there is no vaccine. As a daytime mosquito transmits it, the only way of avoiding it is to cover up sensitive areas and use plenty of mosquito repellent.

There is a high likelihood that you will at some time suffer from some sort of gastro-intestinal ailment, especially if you eat ashore – that's Africa. Do consider bringing treatments such as Immodium and Dioralyte .Paying careful attention to your personal hygiene at all times, and drinking bottled water will both help. Carrying hygienic wet wipes where there is no clean water for washing hands is recommended.

What we can provide:

Treated mosquito nets for all hatches and apertures. Mosquito coils. Insect repellent (DEET) and sprays (but please bring your own, or purchase some in the Canaries).

Existing illnesses:

If you are in any doubt about your health or wellbeing, please visit a doctor before joining us – ditto for dental work. If you are currently taking any medication, please check that it is compatible with any other medicines or vaccinations. If you have any allergies (particularly food or insect bites) make sure you bring any medication you might require. And do, please, let us know what medicines you are taking so that we have a record in the event of needing to inform a doctor.

Clothing:

If you need wet weather gear we have three sets of Musto MPX gear (1 x small, 1 x medium, 1 x large) available. We also have good quality harnesses and lifejackets available, so unless you absolutely prefer your own, we recommend you use ours. If you do plan to bring your own, please let us know beforehand. We have spare warm hats, etc., should you need them.

It is tempting to think that all that will be needed are shorts and T shirts for this leg, but that's definitely not the case. Night watches can still be cold, so one good fleece is necessary, and long sleeved shirts and trousers and socks are a good idea for going ashore, especially in the evenings, to cover sensitive areas from mosquitos.

A travel towel and a light-weight sleeping bag should be brought. As always, please do not bring more than can be carried in one soft sailing bag!

Electricity:

We have a number of charging facilities on board for a wide range of electronic equipment including 12V cigar lighter, UK and Euro standard sockets. If you plan on spending time ashore, don't forget to bring a UK/Euro plug adaptor. Please remember that we have to generate all of our electricity ourselves when at sea or at anchor, so avoid bringing power hungry equipment. We have several laptops on board, which you are welcome to use if you want to record your thoughts or download photographs, so it may be best just to bring a large capacity memory stick than your own laptop.

Books and websites:

We are ordering the Helm Field Guide to the birds of Senegal and the Gambia, The Wildlife of Senegal and Gambia, and the Lonely Planet Guide.

We have the West African Cruising Guide (RCC).

We have two pairs of good quality binoculars.

[Senegal Wiki](#)

[Lonely Planet](#)

[Noonsite](#)

Emergency equipment and contact details.

Cruising is a very safe pastime, and aboard Pèlerin we place a very high priority on the safety and wellbeing of all aboard. However if an emergency should occur we carry an extensive inventory of equipment to enable us to deal with most eventualities, extricate ourselves from our predicament and/or contact the emergency services anywhere in the world.

To avoid or deal with a man overboard:

Safety harnesses and lifejackets for all crew members
Powerful headtorch with flashing facility for all crew members
Lifering and flashing light buoy
Buoyant throwing lines
Lifesling for recovery
GPS man overboard facility

In the event of a major emergency:

Fire extinguishers
403 MHz Emergency Beacon (EPIRB)
Satellite phone
DSC VHF radio
RORC Flare Pack
Waterproof VHF radio
6 man liferaft
Emergency first aid kit

On departure we shall inform two nominated persons of our ETA. In the unlikely event that we are overdue by a pre-arranged date, or remain out of contact, they will inform HM Coastguard who hold a full description of *Pelerin* and her equipment within their CG66 scheme. Please understand that this will only be carried out in the event of us being overdue as outlined above.

We can be contacted via email or satellite phone, subject to the following limitations:

1. The satellite phone will only be switched on between 1200 and 1400 GMT each day. Our satellite phone number is: 0xxxx xxxxxxx
2. Keep any email transmissions to text only, and short – we only have limited bandwidth. Please use our boat email address to contact us: pelerin@etc
3. All crew have access to the laptop for communications, we're sure you will hear from us either via a call or email. Please understand that we have to keep calls short due to cost and to conserve our minutes for weather information or emergencies.

Our nominated contacts and their numbers:

D. Other xxxx xxxxxx
A. Person xxxx xxxxxx

Medical:

We carry an extensive medical kit aboard, to enable us to deal with most straightforward injuries or ailments. Both Louise and I have undergone first aid and field medical training, and we can seek medical advice via our satellite phone.