

# PROVISIONING ON BOARD

BASED ON EXPERIENCES FROM PILGRIM  
SAILING & WINE DARK SEA



# MEET THE CREW



# HOW WE PROVISION

**MENU PLAN** - **SHOP** - **STOW**

## OTHER TIPS & RECOMMENDATIONS:

Re-provisioning

Equipment & Utensils

Fishing & Crabbing



# PLANNING

## THINGS TO CONSIDER:

- Length of trip
- Expected weather
- Overnight passages v anchored
- Facilities on board
- Re-provisioning opportunities

AVERAGE CRUISE:  
1-3 WEEKS



# PREPARE TO SHOP

## DESIGN A MENU PLAN:

- Mix of ready to eat meals and basic ingredients
- Keep it simple - you're on a boat!
- If you don't eat it at home you won't eat it on a boat!

# PREPARE TO SHOP

## SAMPLE MENU PLAN:

	EXPECTED LOCATION	BREAKFAST	LUNCH	DINNER
Sat, Aug 2,	At sea	N/a	Cheese, ham & tomato sandwiches	Lasagne with tomato & avocado salad
Sun, Aug 3,	At sea	Cereal	<b>Pea &amp; ham soup &amp; bread rolls</b>	Chicken pie
Mon, Aug 4,	At sea	Cereal	Tuna & corn sandwiches	<b>Sausage bake</b>
Tue, Aug 5,	At anchor	Bacon and eggs	<b>Chicken Caesar salad</b>	Steak with <b>coleslaw</b> , corn & jacket potatoes
Wed, Aug 6,	At anchor	Banana smoothie	Quiche with salad	Pasta bolognese
Thu, Aug 7,	At anchor	Toast with jam	<b>Pilgrim's Ploughmans</b>	Green thai curry with rice
Fri, Aug 8,	At anchor	Cereal	Kedgeree	<b>Pizza night</b>
Sat, Aug 9,	At anchor	Bacon & eggs	Chicken and walnut sandwiches	<b>Chilli mud crab</b>
Sun, Aug 10,	At anchor	Cereal	Prawns with fresh bread and salad	Butterflied shoulder of lamb with vegetables
Mon, Aug 11,	At sea	Toast with jam	Wraps with left overs - hummus, lamb etc	Pork chops with <b>panzanella</b> salad
Tue, Aug 12,	At anchor	Cereal	Sandwiches	<b>Fish tacos</b>
Wed, Aug 13,	At anchor	Banana smoothie	Omelette	<b>Marinated sausages with green salad</b>

# PREPARE TO SHOP

## CREATE A SHOPPING LIST USING:

- your Menu Plan ✓
- a Provisioning Checklist
- your Rules of Thumb for basics

### EXTRACT OF PROVISIONING CHECKLIST:

Product - cans		On board	Required	Required	To Buy
Tinned tuna	95g	4	4	0	
Red salmon	415g	1	2	1	BUY
Baked beans	420g	2	2	0	

### RULES OF THUMB

E.G.FOR TWO PEOPLE FOR ONE WEEK:

2 X LOAF BREAD  
3L X MILK  
DOZEN EGGS  
2KG POTATOES  
ETC



# GREAT STORE-CUPBOARD PRODUCTS

- Mission Wraps
- Coconut milk powder
- UHT milk & cream
- Curry paste
- Par-baked bread
- Tinned pate, dolmades, salmon & tuna
- Cous cous
- Ham





# FRUIT & VEGETABLES

## WHICH LASTS MORE THAN THREE WEEKS

- Potatoes, sweet potatoes, onions
- Carrots, beetroot, eggplant
- Tomatoes, avocados, cabbage, cos & iceberg lettuce
- Apples, oranges, passion fruit
- Frozen veg (if you have a freezer)

# GENERAL TIPS ON STOWING

## **PLAN BEFORE YOU START STOWING:**

- Most frequent v irregular use - factor in your menu plan
- Does it really need to be in the fridge?
- Use all nooks and crannies
- Lower down is cooler
- Storage containers - tupperware/lock'n'lock?
- Labelling, location, stowage chart (inside cupboard doors)
- Removing packaging - no cardboard

**DON'T BE IN A HURRY!**



# STOWING MEAT

- Cryovac (if you can)
- Meal size portions
- Ideally no trays or packaging
- Pre-freeze or not?
- Stow in order of menu plan where possible





# STOWING FRUIT & VEG

- Wipe veg with weak bleach solution, let dry before stowing.
- Wrap citrus fruit in alfoil for long term cruising
- Tupperware Fridge-Smart - highly recommended \*\*\*\*
- Split stowage of some products between fridge & out of the fridge (e.g. tomatoes, citrus, avocados)
- Store potatoes in dark bag in a cool dry place. Hanging up works well
- Store onions and garlic as potatoes but not with potatoes



String bags for citrus (short term cruising)



Stow what you can out of the fridge



# STOWING HERBS

- Cut off flowers and remove elastic bands
- Place herbs in large flat plastic container on damp paper towel with damp chux on top
- Check herbs every 2-3 days removing dead leaves and spraying very lightly with water if too dry



Cut small bunches and store in jam jar  
in stubby cooler.  
(they grow roots and last for weeks)



Keep small quantities in ziplock bags  
with air squashed out



# FRIDGES & FREEZERS

## FRIDGE/COOL BOX IS YOUR BEST FRIEND:

- Be a fridge "nazi"!!
- Don't let anyone else go into your fridge
- Check its working long before you set sail
- Make sure your fridges are cold when you stock them
- Try and open ONLY a couple of times a day
- Get everything out at once and put it back at once
- Keep it cold
- 12 volt fridges are great, especially when combined with solar or wind power

## FREEZERS

- Freezers are really really useful if cruising for several months.
- Many cruisers without an inbuilt freezer have a Waeco freezer under a table or tucked away and swear by them.
- Freeze milk, cheese (grate old cheese and keep in a bag for cooking), bread, wraps, cream, passion fruit in zip lock bags



# OTHER USEFUL BOARD

- Salt water tap
- Bamix
- Mandoline
- Hand whisk
- Pressure cooker
- Soda stream
- Steamer baskets
- BBQ
- Pots and pans with removable handles
- Scales - not great on a moving boat - convert your favourite recipe into cup sizes

# EQUIPMENT ON



The perfect use for Cat's Bums!

# RE-PROVISIONING

- Use provisioning checklist or whiteboard to record what you've finished
- Try and use up everything fresh before restocking
- Collapsible trolley with STRONG collapsible baskets
- Online shopping is great - they often will deliver to your boat. Set up a standard shopping list on Coles or Woolies - helps when internet reception is poor.

## Re-provisioning at Airlie Beach?

- Try Master Butchers for meat (cryovac'd on request) & Prickly Pineapple for fruit, veg and brilliant par-baked bread. Pre-order and they'll combine deliveries to Airlie Beach or Hamilton Island.
- Fishi - for great quality & service on Hamo



# FISHING

- Bait recipe - great for kids



Catch of the day!



Another use for the dinghy!



# CRABBING

- Keep your fish heads for the crab pots
- Tie your crab pot to the mangrove or put heavy weights in it
- Crabbing season is May-July
- NSW - min. 8.5cm max 5 crabs
- QLD - min. 15cm and MALES only. max 10 crabs



Alternative to crab crackers!!!



How to impress your wife!