



The Perfect First Mate: A Woman's Guide to Recreational Boating

Joy Smith

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The position of First Mate is often less than glamorous, especially when serving with a strong-willed captain who has more boyish enthusiasm than organizational skills. After 20 years of sailing with 'Captain My Way', Joy Smith shares the hard-won secrets of keeping both boat and crew in shipshape.

From packing and planning to enjoying life aboard and ashore, The Perfect First Mate helps boaters streamline tasks and maximize efficiency, safety, and comfort while leaving plenty of time for pleasure. Contents include storage issues, moving and sleeping comfortably below decks, keeping the cabin warm/cool, counteracting boat odor, mold, and mildew, and dealing with trash, laundry, and marine toilets. One entire section is devoted to food: provisioning and storage, equipping the galley, and cooking, with original recipes included. Smith also provides an in-depth discussion of how to protect against the elements, avoid injury, and deal with the logistics of sailing, from planning, navigation, and weather to performing First Mate duties on deck.

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