

The Voyager's Handbook: The Essential Guide to Blue Water Cruising

Beth A. Leonard

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Here's how to see the world from your boat. More and more people are taking off on their cruising boats for a few months or even a year. After they've tasted the cruising life, prepared and equipped their boats, and developed some experience, many cruisers begin to dream of voyaging farther--maybe even an around-theworld voyage.

The Voyager's Handbook offers specific information for cruisers considering such a vast undertaking. An experienced circumnavigator, author Beth Leonard shows cruisers how to prepare their boat and themselves. She offers complete, up-to-date information on the latest gear and techniques and detaile, hard-earned advice from dozens of experienced sailors, about boats, crew, and costs as well as crucial but easily overlooked aspects of long-distance passagemaking such as health, safety, weather, provisions, fresh water, and foreign port protocol.

With a balanced, down-to-earth approach, *The Voyager's Handbook* tells it like it is, for any cruiser considering that voyage of a lifetime.



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