

# Sailing into the Sunset Years

Presented at the Annapolis Gam September 2017



*Dave & Sherry McCampbell  
s/v Soggy Paws*



*John Gideonse & Suzanne Longacre  
s/v Zeelander*



*Herb & Ruth Weiss  
m/v Ancient Mariners*



# The Golden Years

- Young – Old                      60-75
- Middle – Old                      75-90
- Old – Old                      90-100+

# Topics from Zeelander

- Type of Vessel
- Sail / Equipment Handling
- Anchor Raising
- Getting Around the Boat
- Vision Aids
- Comfort & Convenience
- Conclusions



*John Gideonse & Suzanne Longacre  
s/v Zeelander*

# Things to Consider from Soggy Paws

- Health

- Health Insurance  
(not needed in 3<sup>rd</sup> world countries)
- Preventative maintenance
  - China Study by T Colin Campbell
- Exercise-both aerobic and strength
- Lots of diving, hiking and travel possibilities
- Being a good tourist is hard work



*Dave & Sherry McCampbell  
s/v Soggy Paws*

# Things to Consider - 2

- Equipment Upgrades
  - Winch Rite (add-on electric winch)
  - Wireless windlass remote
- Changing Boats
  - Catamaran?
  - Motorsailor?
  - Trawler / Power Cruiser?
  - Downsizing the boat
  - More comfort / room
  - Storage convenience
  - Cost of cruising



# Things to Consider - 3

- Adjusting Cruising Plans
  - Watch schedules – 6 vs 4 hours (more sleep)
  - Cruising only during the “safe” season
  - Shorter hops
  - SE Asia, Mediterranean, Western Carib
  - Inland Cruising (US Waterway, Mediterranean canals, etc)
  - More Crew = More Rest, More Helping Hands

# Things to Consider - 4

- Maintenance & Repair
  - Need skills, tools and repair parts
  - Beware of third world mechanics
  - Great 3rd world tradesmen  
@ \$10-15/ DAY!

# Questions?