

Sir Reel Adventures Trip Planning

What to Bring

___ Fishing Licenses

___ Food & Drinks - You'll be happier if you bring your own.

What Works Great –

- More is Better – You will be AMAZED at how much you'll eat & drink.
- NO GLASS - PLEASE!
- Sub Sandwiches are always a hit!
- Finger Foods – especially M&M's, crackers & cookies.
- Fruit – esp. Fresh Pineapple, Watermelon, Oranges, etc.
- SNACKS – SNACKS & MORE SNACKS!

___ What Doesn't Work so Well –

- Fried Chicken – it makes the deck REALLY slippery. UGH.
- Things that require a lot of preparation.

___ Special Planning for Extra Fun

- Bar-B-Que Grill – We have one for picnicking on the beach if people want to grill out. Just let us know beforehand so that we can bring it along!
- Beach Screen Room for Picnics - Ditto

___ Clothes-wise

In general –

- Windbreaker-type jacket
- Foul weather gear if rain is forecast
- Boat shoes, tennis shoes or marine boots. Black or hard soles can mar up the deck.
- If fishing, anticipate that your clothes could get wet, slimy and / or bloody (i.e., I DON'T recommend you wear your Gucci's!)

Winter –

- If there's ANY chance of cool/cold temps – **PLEASE** bring **LOTS** of warmth – **In fact, more than you think you'll need or want.**
- Dress in layers so that you can shed layers as the day warms up.

Summer –

- Bathing Suits
- Flip Flops – Personally, I love 'em but they're REALLY dangerous when fishing
- Sun Cover-Ups

___ Sun Protection –

- Sunglasses & Hat

- Sunscreen, Sunscreen & More Sunscreen - Lather it on Baby! Lather it on!

SUPER IMPORTANT NOTE – Being that we’re pretty darn close to the Tropics, PLEASE – PLEASE – PLEASE wear appropriate sun protection. I REALLY appreciate when people wear a LOT of sunscreen, hats, etc. and feel terrible when people find themselves getting burned. NOTE: Please do NOT put your hands into the livewell if we’re live-bait fishing and you have sunscreen on your hands – it kills the bait! UGH!

- ___ **Cooler** – Bring it to take fish & lobsters home but leave in your car at the marina
- ___ **Camera** – You NEVER know what you might see!
- ___ **Music CD’s** – Sir Reel has a stereo on board & you’re welcome to play DJ!
- ___ **Favorite Fishing Lures, Secret Spots, etc.** – We always love to learn new tips & tricks from our friends!



What NOT to Bring

- ___ **BANANAS!!!!** – PLEASE DO NOT BRING ANY!!! They are REALLLLLLLLLLLY bad luck on a fishing boat!!! It doesn’t matter if they’re fresh, baked in Mom’s banana nut bread (another personal favorite!) or in a banana smoothie.

THIS IS SERIOUS!!!! They are just NOT welcome aboard Sir Reel!!!!

- ___ **Fishing Gear** – Everything you’ll need is probably already on board – including...
 - Light Tackle Conventional & Spinning Gear for Sails, Kings, Blackfins, etc.
 - Heavy Tackle for Swords, Marlin, Yellowfin, etc.
 - Fly Rods & Reels for everything from Jacks to Tarpon to Sailfish

- ___ **Binoculars** – We have a great pair on the boat!

- ___ **Books to Read** –Unless you REALLY want to try to get seasick. UGH.

Seasickness Prevention

We have a number of recommendations for our friends that are concerned about seasickness – and as such, it is very rare that we ever have problems. While the following is not guaranteed to keep you from getting sick, we have never had someone get sick who has followed all of the following. If you understand and adhere to these, you should be fine in (virtually) any sea condition we're likely to encounter to enable you to have a truly enjoyable time!

Seasickness is believed to be caused by the brain getting confusing inputs from the eyes, ears and kinesthetic senses – and then short circuiting and taking it out on the stomach. Knowing this, the following are things you can do to prevent any queasy feelings – and we recommend all of them!

For starters, if possible get a good night's sleep the night before and try to not have alcohol within 24 hrs. of the trip. If you like, feel free to bring beer or wine on board and you should be fine drinking some. Start preparing yourself early and your chances for a good trip are good!

If you take non-drowsy Dramamine or Bonine just prior to turning in the night before our trip and then again within an hour prior to us departing port you should be perfectly fine. Most of our friends never take any type of anti-nausea drugs and do great. With them, even the most seasick prone people have had no problems. We do keep non-drowsy Dramamine in the first aid kit on the boat. Also, ginger (as in ginger ale & ginger snaps) is excellent for nausea and we typically have some on board.

Speaking of food, (although you would think otherwise) have and maintain a full stomach while at sea. Many people new to ocean boating are afraid of getting sick and assume that if their stomach is empty they won't get sick. The exact opposite is the case. If you eat a good meal prior to going and then munch and drink regularly while on board you should be fine! Some people say that you shouldn't eat fried or greasy foods the day prior to going to sea but we've never noticed a difference. Also, please remember that this is Florida – PLEASE keep yourself well hydrated.

To prevent your eyes and ears from confusing your brain (unless you know that you're comfortable on the ocean) - please DO NOT read, stare at anything inside the boat (like the floor, fishfinder, or instrument panel). The biggest risk you face for getting seasick is going into the cabin. If you do it only when necessary you'll minimize your risk. Your eyes will tell your brain that you're in a stationary room and the motion sensors in your ears and muscles will disagree.

Looking out (preferably forward) towards the horizon is a wonderful way to either keep from getting sick or to get yourself back to feeling good if need be. Additionally, we typically see dolphin (the Flipper kind), sea turtles, etc. on our trips and have even seen whales, manta rays, and submarines – which you definitely wouldn't want to miss!

The stern (back) of the boat is the most stable and comfortable. The closer you are to the boat's center of gravity/flotation, the less rocking and rolling you'll experience. So, the further forward you go towards the bow and the higher off the water you go (e.g., up in the bridge/helm area), the more motion you'll experience and the greater the likelihood of getting motion sickness.



Boat Rules & Safety

▪ Boat Safety -

We sincerely want your trip to be fun and safe. The following isn't here to bore you to tears with a bunch of legalese. Rather, it's to ensure everyone has a great day on the water and that everyone goes home happy and safe.

Sir Reel is equipped with all of the latest U.S.C.G. safety and first aid equipment necessary for a safe and comfortable trip. Sir Reel has twin engines to provide power redundancy. There are two VHF transceiver radios aboard (one panel mounted and one fully submersible handheld), radar, and three satellite GPS systems – one of which is integrated to an Emergency Position Indicating Radio Beacon (EPIRB) and the panel-mounted VHF. In the extremely unlikely event of a true emergency, by turning on the EPIRB the whole world of emergency rescue will know our position (within a mile) and that we need help. Likewise, pushing one button on the VHF will also broadcast our longitude/latitude position and our need for help to the world. Additionally, there are fresh signaling flares, life jackets, etc. on board plus a first aid kit. We take a great many precautions to assure you a wonderfully enjoyable, safe and comfortable trip.

- **Getting On & Off the Boat** – It is **SUPER IMPORTANT** to us that our trip begin and end on a great note. As such, it is our policy that ***SIR REEL DOES NOT LEAVE THE DOCK OR PULL UP TO THE DOCK WITHOUT EVERYONE EITHER ON BOARD OR STANDING BACK ON THE DOCK.*** It is the captain's job to safely get the boat away from the dock and return her safely back. Many people offer to untie the last dock lines, push us off and then jump aboard – **PLEASE DO NOT!!!** We've watched many people do rather ugly face plants onto the decks of boats and docks. Likewise, when we return to the dock – **PLEASE DO NOT JUMP ON OR OFF OF THE BOAT!** Everyone is expected to remain in the boat until the engines are shut down or until the captain asks that you **STEP ON OR OFF OF THE BOAT** to fasten a dock line.

Equally as important is to **NEVER TRY TO STOP OR SLOW THE BOAT WITH YOUR BODY – INCLUDING HANDS, FEET OR LEGS.** Chances are good that Sir Reel will be weighing in somewhere around 6 TONS while we're out cruising. Quite simply, you can't stop her from

hitting something or something from hitting her with your hands, feet, legs, etc. – and they could easily get seriously broken or even crushed. It's great that you want to help keep her from getting bruised – but it would be far better for her to get a ding or two than you!

- **Hanging Over the Bow or Side** – Here's where the kids get bummed out... it is ILLEGAL for the boat to be moving with people hanging over the bow or the sides of the boat. There's no question that it's a whole lot of fun to ride on the bow pulpit with your legs hanging over the bow – but it's both unsafe and illegal. Please don't! In addition, please do not reach over the side or hang leaning out over the side of the boat while it is in motion. It would really ruin a beautiful day on the water if someone went overboard and got hurt.
- **Orientation & Safety Briefing** – There will be an orientation to Sir Reel and a safety briefing prior to leaving the dock. Please ask questions to be sure that you know where things are (especially safety items) and how to work everything you might use (e.g., like the head).
- **Life Jackets** – In the State of Florida, all passengers on a boat under the age of XX are required to WEAR a personal flotation device (“PFD”). We have plenty for the kids – so long as you tell us how many we'll need before we depart. In addition, we also have low-profile, inflatable PFD's for those adults who are uncomfortable being on the water and want the safety and security of wearing one while we're out. There's no reason to be embarrassed to wear one – please just ask!
- **Waivers of Liability** – Upon arriving at Sir Reel, we require everyone going out with us to sign our standard Waiver of Liability.
- **Sun Protection** – Not to sound like a broken record and get all preachy on you, but again, we're mighty close to the Tropics and the sun is REALLY intense. Many people end up fried to a crisp – even on cloudy days! **PLEASE – PLEASE – PLEASE – WEAR SUNSCREEN!**
- **Dangerous Fish!!!** - If we happen to hook up certain fish that could be dangerous – please do not take it personally if you're asked/told to move someplace (quickly) or to stay back. There are many fish that we catch (in addition to sharks) that have extremely sharp teeth or bills and we definitely do NOT want anyone to accidentally get hurt. Once the fish is under control, everyone is welcome to see, touch, photograph, etc.!

Great Links!

Weather

Marine Forecast – These seem to be fairly reliable. If they're forecasting seas 3'-5' or higher (particularly out of the North) – bring your Dramamine or consider rescheduling unless you're a salty pirate-type!

<http://forecast.weather.gov/MapClick.php?site=mfl&zmx=1&zmy=1&map.x=283&map.y=62>

Weather - General Forecast – The 10 Day Forecast is particularly good for planning!

http://www.weather.com/weather/today/West+Palm+Beach+FL+USFL0512?lswe=WEst%20Palm%20Beach,%20FL&from=searchbox_localwx

Tides Plus Sunrise / Sunset Times

<http://tbone.biol.sc.edu/tide/tideshow.cgi>

http://aa.usno.navy.mil/cgi-bin/aa_rstablew.pl

Beach Cams – If you really want to tease yourself as you're planning your trip – check out these great webcams to see what the ocean and beaches look like in real time! It's a GREAT way to dream about our upcoming adventure!

<http://www.pbcgov.com/erm/beachcams.htm>

<http://www.wflx.com/global/Story.asp?s=1018158>

<http://www.wflx.com/Global/story.asp?S=7331477>

<http://www.co.palm-beach.fl.us/webcams/lwi/>

<http://www.beachhunter.net/webcams/>

<http://www.earthcam.com/usa/florida/palmbeach/>

Florida Sportsman Fishing Forecast – Eden White updates this on Thursdays in time for planning out our weekends. He does a great job of suggesting where and what to fish for in Southeast Florida!

<http://www.floridasportsman.com/4cast/se/index.html>

Florida Sportsman Forum

Southeast Fishing Report: This is a great place to see who's catching what and where!

<http://forums.floridasportsman.com/forum/main-forums/southeast-fishing-reports>

Diver's Corner: Although this covers the whole State of Florida, it's a good place to see what's going on under the sea!

<http://forums.floridasportsman.com/forum/main-forums/divers-corner>

Dive Shops & Diving Conditions

Force-E Scuba: We're big fans of Force-E and recommend them highly! They're great people and carry great gear at GREAT prices! Get on their mailing list and shop their tent sales – they're terrific! Being that they're maybe ¼ mi. from the boat we're in there often! Check out their website – it has loads of great information and other links! If you go in their store – check out the artwork of Pascal Lecocq. They have a bunch of his originals and they're AWESOME!!! His website is below theirs.

<http://www.force-e.com/index.shtml>

<http://www.pascal-lecocq.com/home.php>

The Scuba Club: We really enjoy diving with The Scuba Club! They're great people and run wonderful trips! They have two pools that are awesome – particularly their deep tank! They dive pretty much everyday and are a wonderful resource! Located perhaps a mile from the boat – we frequent them, too!

<http://www.thescubaclub.com/>

Daily Dive Report – Courtesy of The Scuba Club's website. JD does a GREAT job at keeping us in the know!

<http://www.thescubaclub.com/dreport.html>

Divers Direct: They're off Northlake Blvd. a good 7-8 mi. from the boat, but have the biggest selection of everything for swimming, snorkeling & diving at some better than average prices – esp. at sale time!

<http://www.diversdirect.com/>

Fishing Tackle & Bait Shops

The Fisherman's Center – These guys are amongst the most knowledgeable and helpful fishing resources in the area. And, they carry most everything you could ever need to fish the Palm Beaches! The best part is – they're maybe 1/3 of a mile from the boat!

<http://www.fishermanscenter.com/>

Gander Mountain – If you get a chance – stop by their store – it's amazing! You can find most anything you're looking for here if you use it for outdoor/water activities! They're located on the southeast corner of the Northlake Blvd. exit off of I-95 and are open 'til 9:00PM M-Sa

<http://www.gandermountain.com/>

Favorite Restaurants – (not including those at City Place Clematis Street mentioned below)

Sailfish Marina – This is a favorite for seafood and island fare. We love sitting here by the water enjoying seeing all the big sportfishing boats and people-watching! This is a can't miss if you want to see some really big jacks (fish) go into a feeding frenzy as people toss them scraps of food. It's

really cool!!! It's also a great place to stay (hotel) and their giftshop has some great tropical/island clothes, jewelry, artwork, etc.!

<http://www.sailfishmarina.com/>

Duffy's Sportsbar: Located just west of I-95 off of the Northlake Blvd. exit, Duffy's is a sportsbar with really good food and a great atmosphere. We rarely have to wait long to get seated, the prices are good and we've NEVER had a single bad meal here!

<http://www.duffysmvp.com/>

Fun (Non Boating) Things to do in WPB

Worth Ave. Shopping – Worth Avenue is one of the world's premier high-end shopping districts. You'll find stores like Gucci, Tiffany, etc. and, during the season, a zillion Rolls Royces, Bentleys, Aston Martins, etc. So, in other words, it's a hoot to go there to people watch and window shop! There are a bunch of little "Via's" that you can explore off of Worth Avenue that are truly beautiful and have some really neat little boutiques. At the Atlantic Ocean end of Worth Avenue is a totally gorgeous beach with a nice sidewalk to stroll along! NOTE: Guys – if you're fishing and you're gal's "just doing a little shopping" – your trip budget could be SERIOUSLY in jeopardy here!!! If you're seeking a nice classy dinner or cocktail – this is certainly a place to see & be seen!

<http://www.worth-avenue.com/>

City Place – Located in downtown West Palm Beach (maybe 15 minutes from the boat) is City Place. Here you'll find great dining, shopping, entertainment and even an IMAX theater! This is a thoroughly wonderful way to spend an evening or an afternoon!

<http://www.cityplace.com/>

Clematis Street – If you're making a trip to West Palm Beach and like the nightlife scene (or just want a nice lunch in a local kind of place) – head to Clematis Street. The street runs right through the heart of downtown West Palm Beach, has a tremendous variety of restaurants, clubs, concerts and other activities – and is totally alive on weekend nights! Better yet – if you happen to be there on a Thursday – check out Clematis By Night. They have some terrific entertainment acts and it's well worth your time!

<http://www.westpalmbeach.com/clematis/index.html>

<http://www.clematisbynight.net/>

Lion Country Safari – This is definitely a personal favorite!!! Check out their website and you'll understand why! It's a little pricey – but a lot of fun and well worth it! Your kids will LOVE it – even the kid in you!!! (No kidding - My daughter, Katie, must have taken 300 pictures here!)

<http://www.lioncountrysafari.com>

Juno Beach & Juno Beach Pier – Many people say this is one of the prettiest beaches they've ever seen! In addition to the beautiful water and beach, it has

great parking & picnicking areas – complete with showers to rinse the salt off. There’s also a beautiful bike & walking path that goes for perhaps 3 miles if you’re looking to go for a good walk. This is a GREAT place for non-boaters to hang out! If you Google “Juno Beach” you’ll see some great pics of the beach itself! If you’re looking to fish from the land, check out the Juno Beach Pier. It goes 990’ out into the ocean and you, quite literally, could catch most anything from it. People have even caught sailfish and huge sharks from it!

<http://www.pbcgov.com/parks/locations/junobeach.htm>

<http://www.junobeachpier.net/>

Blue Heron Bridge – This is another favorite beach – with GREAT swimming, snorkeling and scuba diving less than 5 minutes from the boat. The water is typically beautifully clear and warm – especially starting ½ hour before high tide ‘til ½ hour after! The marine life around the bridge and on some of the sunken boats just off the beach is awesome! We’ve seen giant starfish (lots!), octopus, eels, rays and so many different kinds of tropical fish we couldn’t count them! Some dive magazines have rated this one of the best beach dives in America – and all of it is less than 22’ deep! It’s even possible that you could see fish here as big as YOU!!!

http://www.wadespage.com/UWPhotos_BHB.shtml

<http://fishid.com/marinelifeblog/?p=655>