



GUIDE TO LIVING ABOARD

We hope this guide helps to answer some questions regarding your upcoming vacation with us in the Virgin Islands. Don't worry if some things don't make sense right away, things will become clearer once you're aboard and you'll be on island time before you know it.

GENERAL ONBOARD EBB & FLOW

We are here to help! Anytime you need anything, have any questions or are unsure, please make us aware and we will do our best to serve you. There is an abundance of fun to be had in the Virgin Islands and Ebb & Flow is the perfect platform for that purpose. Let us know the activities you are interested in and we will make them happen!

If you would like to get more involved in any way - learn the ropes of sailing, be your own bartender, or take over as DJ - please speak up! We are easy-going and our focus is solely on helping you have the best vacation you've ever had!

NO SHOES. NO PROBLEM.

We promote a barefoot policy aboard. If you wish to wear shoes aboard, we ask that you have "never-worn-before", non-marking soles (available on island). A little care to clean your feet before entering the dinghy or the boat goes a long way. Dirt, sand, tiny rocks and debris can damage the coating of the boat. Once sand is introduced aboard, it inevitably migrates everywhere. No one likes sand in their sheets.

POWER AND WATER

The yacht is not connected to a power source while underway. We carry our power with us via batteries. While living aboard, please be mindful of your power use. Please turn off lights/fans when you leave a room. **Ebb & Flow supplies 220V**, therefor power adapters are provided for all of your devices,. Bring your own cords but **please check with us before plugging in laptops, hairdryers/straighteners, or electronics.**

Additionally, we have a water maker onboard. However, we ask you still be mindful of water usage, otherwise we'll be listening to the sound of a generator instead of waves lapping against the hull. Please do not leave water running unnecessarily and we ask that you shower conservatively.

SUNSCREEN

Most familiar brands of sunscreen contain ingredients that are harmful to coral reefs (oxybenzone and octinoxate, avobenzone, octisalate, among others). The US Virgin Islands have banned the importation and use of such chemicals. In our continuing effort to be good stewards of the paradise we call home, **we provide reef safe sunscreen onboard.** If you would like to bring personal sunscreen, please make sure it is reef safe; no sprays please. Sunscreen also stains fiberglass. After applying, please wash your hands and utilize a beach towel (provided) when sitting on cushions. Allow sunscreen 15 minutes to absorb before diving in!

TOWELS AND TOILETRIES

All towels are provided for you. Please keep bath towels inside and beach towels outside. We have clothes pins for drying towels and wet clothes on the lifelines (rails).

For your convenience, the following are supplied onboard: shampoo, conditioner, body wash, repair hair mask, makeup removing towelettes, hair dryer, hair straightener, curling iron, iron for clothes, and a makeup mirror.

MOTION SICKNESS

Boats move about. Even in very calm water there is always a slight movement. Some people are more prone to getting seasickness than others. Those with inner ear problems and vertigo tend to be more vulnerable to seasickness.

To ensure your vacation is a pleasant one, bring a seasickness method best suited for you. Some suggestions are wristbands, behind the ear patches, or seasickness pills (we recommend Bonine and the prescription behind ear patches). Remember, once you start to feel the sickness it's difficult to treat. Prevention is key! Join us on the flybridge - a refreshing breeze and "eyes on the horizon" are the recommended preventions.

DIVING & SNORKELING

We have dive and snorkel gear of assorted sizes on board the yacht. Feel free to bring your own personal gear if preferable! One item we do not have onboard is wetsuits. In the winter months, the water temperature rarely gets below the mid 70s and it generally isn't an issue. Diving is offered for certified divers and non-certified divers. Extra dives and dive training is at an extra cost paid prior to the diving. Specifics of dive charters will be handled outside of this guide.

SECURE PERSONAL ITEMS

Remember a boat is not stationary like your home. Everything needs to be

secured, especially electronics, cocktails, and garments. Please take careful consideration as to where you place your personal items when not in use, we would hate to have them slide off surfaces, into the water, and/or break.

WIFI

We have wifi aboard for your convenience. However, odds are that you didn't book your trip to the Virgin Islands to work from home or for the kids to play Minecraft all day. Also, bandwidth can be hard to come by and data caps apply even in paradise. Let's enjoy the islands the old fashioned way, with sunburns and rum or yoga on the bow! Should you absolutely need WiFi, please let us know in your Guest Profile and Preference Form and we will rearrange the itinerary to find the best spots for connection.

HATCHES

When it is raining, the boat is underway, you're not spending time in your cabin or when we go to shore, it is a good idea to close them. Here in the islands, rain comes on fast and sometimes without much warning. No worries if you forget, we double-check everything before heading to shore!

TOILETS (THE HEAD)

Although we use fresh-water electric heads, they are still very sensitive. We recommend flushing early and flushing often for the second order of business. Marine plumbing is very different than land based. Our pipes are smaller, travel upward before reaching the holding tank, and are sent through a grinding pump. **Biological waste and toilet paper are the only contents to be flushed.** Conservative use of toilet paper is highly recommended. There are bins beside each toilet, which we empty and clean daily. A toilet clog can take away from our planned activities, as unfortunately your captain is also your plumber!

TALKING TRASH

There is limited space for trash aboard. To keep things clean and smelling pleasant, we separate all food from non-food items. Trash bins are located in the outside salon and inside the galley. We are able to discard all food scraps separately from all other waste and recycling products. Please consider leaving packaging for new items at home.

GETTING TO SHORE

We have a comfortable 14' dinghy for transportation to-and-from shore. Always take your time when entering and exiting the dinghy. No rush, 'we in the islands, mon!'

LOCAL CURRENCY & CREDIT CARDS

The local currency in the USVI and BVI is the US Dollar. When ashore, most gift shops, bars and restaurants accept credit cards such as American Express, Visa, or Mastercard, but cash is always king. As you know, everything on board is included, with the exception of the crew gratuity. Gratuity can be paid in the form of cash, check, Venmo, Paypal, and any other method convenient to you. Please note that additional dives can be paid for in the same manner.

DRUGS

Illegal Drugs are not permitted on the boat at any time. The penalties for having such items onboard are very severe in the Virgin Islands and may include seizing of the boat itself. This would end your vacation and cause us to lose our jobs. If illegal drugs are found aboard, your charter will be immediately terminated, per contract terms.

SMOKING

The crew is smoke-free, but we allow guest smoking. **Ash producing smoking is prohibited on the vessel but allowed ashore.** Vape's and e-cigs are acceptable alternatives, on deck only.

FINAL NOTE

Most importantly, please know that we are here for you! If there is anything that you need or if you have further questions, please don't hesitate to ask!

WELCOME ABOARD!

