

## Provisioning for Your Cruise on The Sea of Cortez

### Meal Plan & Shopping List Development

9 years and around 40 trips from La Paz have helped me figure out a few things about provisioning that I want to share, and below is some guidance to assist you with the process. Please dedicate plenty of advance time to this and we recommend one person per boat lead the effort. In the flotilla, each boat is responsible for completing their own provisioning.

### Overview

- Read through this entire document first.
- Create your meal plan and the shopping list that results – use a shared Google sheet for crew input.
- Preorder staples, shelf stable, and heavy/bulky items using the DYC provisioning list – these items will be delivered to DYC and will be waiting there for you to load on the boat.
  - If you preorder, you will save tremendous time and energy making your in-town provisioning run easier and faster.
  - DYC asks you to complete and submit this list at least 2 weeks in advance.
- On arrival day, ask DYC to call a taxi. Run to town for fresh veggies and proteins, and items not on the DYC provisioning list.

### The Details

#### No stores/bars/restaurants once we depart.

What you bring is what you will have while we are at sea. Occasionally we can buy fish at Isla Coyote or Caleta Partida, but don't put that into your meal plan. Alcohol: bring what you think you'll drink, and then bring some more – you just can't buy more when we are out there.

#### Allergies/Intolerance

Captains, be aware of any crew food allergies and reactions. It is also good to know food preferences, especially dislikes.

#### What's on the boat?

The charter comes with a Starter Pack which usually includes: 1 bottle of rum or tequila, 2 limes, stevia sweetener, 1 pack of Coke cans, 1 gallon water, 1 bottle of disinfectant, 1 small bottle of dishwashing liquid, 1 dish cloth/sponge, flimsy garbage bags, 1 roll of paper towels, 1 box of matches, 1 roll of toilet paper in each head.

### Sundries I always buy.

- Paper towels
- Butane lighter wand
- More TP
- Hand soap for each head
- 2 more scrubber sponges
- Real trash bags – you'll carry all trash on board until you return, so you'll want to double bag it.
- Aluminum foil

### The DYC provisioning list

See the attachment. Submit to DYC La Paz 2 weeks in advance of the charter. Email the completed list to Javier Padilla: [javier@dreamyachtcharter.com](mailto:javier@dreamyachtcharter.com)

***Please note that units of measurements are in grams, kg, and liters. You will need to make conversions.***

### Ice

DYC supplies a large cooler on board. On the morning of departure, take this in a dock cart to the marina market and load it with ice. Ice usually lasts 3-4 days. If the freezer on your boat is large enough, you may be able to load 1 or 2 ice bags in it.

### Water:

Drinking water at the marina is safe, and that's what's in the boat's tanks.

- Fill your water tanks prior to departure – even if DYC says your tanks are full. Make them overflow. If you have multiple tanks, make sure you know how to switch from one to another.
- If you want to sanitize your tank water, use these CDC guidelines: To disinfect 100 gallons of water, mix 1.5 teaspoons of bleach for every gallon of water. That would be 150 teaspoons, or 5 cups per hundred gal. 100 gallons is 379 liters. 100 liters is 26.4 gallons.
- Include drinking water on your DYC list. Buy the 4l (4 liter) bottles. It is worth it not to lug the water jugs from town. Buy at minimum 10-12 one-gallon resealable bottles for drinking water. On previous trips with 8 people, we have used approximately 13 bottles.
- Topo Chico is a great addition for drinks – the local sparkling water. Perfect with a lime wedge and by itself. I buy 20-25 (1.5 liter) bottles for a full crew.

## Barbeque

The BBQ is charcoal - you must buy the charcoal and lighter fluid or fuego-gel either at the store or on the DYC Provisioning List.

- Consider two bags of charcoal if you are barbequing more than two nights.
- Charcoal Chimney. I bring mine from home for every trip. Gets your fire started quickly, and you dump the hot coals into the boat's BBQ. [Here's the one I have.](#)

## Happy Hour Snacks

Happy Hour snacks are a good buffer for meal planning. Chips, salsa, guacamole, crackers and cheese, hummus, salami, etc., really help even things out in quantities for the meals.

## Eggs

Buy a Tupperware type container, crack the eggs and pour them in, store it in the fridge. Otherwise, the egg carton must be continuously moved about for access to other food in the fridge, then it gets opened, eggs drop and break, and cleanup ensues - it's a project.

## Sandwich Meats

For sandwich meats, we've had great success using 3 oz. (85 gm) portion as the plan for each person for each sandwich. Add up the number of sandwiches and you know how much meat to buy.

## **Provisioning in La Paz**

Below are some helpful hints that we have learned over the years to tackle provisions. Plan on shopping for provisions on Saturday, our boarding day. Our official boarding time is 5:00 PM on Saturday.

## Best stores

- Walmart, Chedraui, Super Ley, Sorianna. The local convenience stores, OXXO, are stocked like a 7-11.
- I shop primarily at Walmart. Super Ley has had the best produce, but it varies.
- Please note that the stores may not have the selection that you're used to in the States. You may need to go to several stores and be flexible with ingredients. Kalamata olives and Feta cheese are extremely hard to find.
- Having Google Translate on your phone will help make sense of food labels.

### Taxiing to Town

- Ask NYC to call for your taxi. If your provisions won't fit in the trunk of a Toyota Corolla, ask for a Suburban or Passenger Van.
- In the past I've paid about \$700 pesos for a Suburban to take us from NYC to Walmart, wait 2 hours for us to shop, and return to NYC.
- Get pesos at the ATM next to the Docequarenta coffee shop in the marina if you need them.
- Allow about 3 hours for the overall provisioning trip – less if you have crew members with their own carts and their personal shopping lists.

### For multiple shoppers – Your crew with their own carts

- Break the shopping list down by person so multiple crew members can shop simultaneously.
- Give each shopper the whole list with their portion marked – that way when they pass the salsa or coffee that's not on their list, they can see that someone else is buying it, and it avoids wasteful duplication.

### **Other Tips & Recommendations**

#### Organic garbage

Keep organic garbage separate and toss it over at sea in the same area where you would dump your holding tanks. This minimizes the wet and smelly stuff in your trash bags and avoids messy leaks in the lazarette when the trash bag develops a tear (double bag the trash).

#### Appliances

- Coffee. Most every boat has an inverter, and a drip coffee maker that doesn't require paper filters. If you don't have an inverter, make sure you have a percolator or French Press.
- Microwave. Only some boats have these, and they suck battery power like crazy. Run your engine or generator while using, or avoid using it.