

ALL DAY PELAGIC

Advance registration - \$225/person

Register by April 30, 2011

This is an overnight trip without bunks. Be prepared to sleep on benches or floor.

Boat • Atlantic Star docked in Wildwood Crest
Departs on Thursday, May 19 at 11 PM; return on Friday, May 20 around 5 PM.

Expectations:

This is an overnight trip without bunks. Be prepared to sleep on benches or the floor. Our plan is to be off the edge of the Continental Shelf before daybreak, lay out a chum slick to attract birds, and work these birds as it becomes light. We will then proceed up our slick, and work other shelf and canyon waters for seabirds and cetaceans.

Target bird species for this time of year include:

Greater Shearwater
Sooty Shearwater
Manx Shearwater
Cory's Shearwater
Northern Fulmar
Wilson's Storm-Petrel
Leach's Storm-Petrel
South Polar Skua
Pomarine Jaeger
Parasitic Jaeger
Long-tailed Jaeger
Red Phalarope
Red-necked Phalarope
Arctic Tern

Target cetaceans include Fin Whale, Pilot Whale, Risso's Dolphin, Common Dolphin, and Bottlenose Dolphin.

Equipment and Clothing

Bring binoculars. Spotting scopes are discouraged; tripods can not be used as they are a hazard to other birders and are worthless at sea. A scope could be used on a gunstock, but are rarely useful due to boat motion. Cameras and video cameras are appropriate, but be warned that salt water is highly corrosive so great care is required to keep your equipment dry. DSLR lenses in the 300-400mm range are best.

Dress in layers so you are prepared whether it is cool or warm. It can easily be cool overnight and first thing in the morning and warm up by mid-day. Rain jackets and pants are useful for protecting against both rain and spray. Ponchos do not work well due to ocean breezes. Waterproof footwear is recommended. Be sure to bring sunscreen, a hat, and sunglasses. Although the water may keep temperatures cool, the sun can still be strong.

Food and Beverages

You must supply all of your own food and drinks. Non-spicy and non-greasy foods are recommended. Sandwiches and dry snacks (crackers, pretzels, rice cakes, etc.) are best. Bagels and granola bars are good for breakfast. We recommend water and soda for beverages, but suggest avoiding acidic fruit juices. Beer and wine may be consumed in moderation, but hard liquor is not permitted. Keep the comfort of yourself and other passengers in mind.

Cabin space is limited and we like to reserve as much of it as possible for the participants and gear that must stay dry, so please leave coolers outside under the benches and share coolers when possible.

Seasickness

Unfortunately, seasickness is a possible side effect when traveling on the ocean. Some tips for helping to avoid seasickness.

Some seasickness triggers that should be avoided if possible:

- * Being cold and damp
- * Being too hot
- * Being overly tired
- * Other people's cigarette smoke (we ask if you can refrain during the trip and if necessary, smoke only on outside deck).
- * Stuffiness of the cabin
- * Excessive movement of the boat

There are a number of over-the-counter medications available for motion sickness. Different active ingredients seem to work better for different people. A number of people have good luck with Bonine, or the generic equivalent. It seems to work fairly well and does not make most people drowsy. Some doctors say that you should start taking motion sickness drugs 24-36 hours in advance as they are much more effective when they have a chance to build up in your system. If you are unsure about the use of this drug or about taking it prior to the trip, please consult your doctor in advance.

The most well-known prescription motion sickness drug on pelagic trips is probably the scopolamine patch known as Transderm Scop or simply as "the patch". It is placed behind the ear and the drug is absorbed through the skin. If you decide to use this, please consult your doctor in advance about its safety and potential side effects.

When feeling queasy, stay outside and place yourself amidships on the lower deck. This part of the boat has less movement than the bow or the upper deck, and it avoids the diesel fumes at the stern. Keep your eyes on the horizon rather than focusing on the boat. Try to keep your mind occupied by talking to people or studying birds. It is also important to stay hydrated.