

North West Sailing



Food Water and Waste

Food

- How much
 - Fresh
 - Frozen
 - Tried
 - Tinned
- Storage

Water

- How much
 - Drinking
 - Cooking
 - Cleaning
 - Yourself
 - The boat
- Water maker
 - What happens if it breaks down

Waste

- Before you leave
 - Packaging
- Over the side
 - Paper
 - Cardboard
 - Food
- Keep
 - Plastic
 - Glass
 - Metal