
Getting the most from your Caribbean Sailing Holiday



Sam Bartlett



Forward

Congratulations!

you've booked a sailing holiday in the Caribbean! It's sure to be one of the most memorable vacations of your life and whether you're coming alone, with your partner, family or a group of friends, that combination of open sea, remote islands and windswept beaches is a true "get-away-from-it-all" escape from the stresses of 21st century living.

When your world moves at 6 miles an hour you have no choice but to slow down, chill out and just kick back; soaking up the sunshine and the ever-changing scenery, absorbing yourself in good company, remote anchorages and brilliant underwater vistas. After a day or two your hectic life will take on a new perspective and you'll start to appreciate the simplicity, peace, vitality and beauty of the sailing life.

Once you slow down your pace of life, it's easier to think. Any problems or worries you might have dissolve in the crystal blue water and star-strewn skies.

This guide will help you to leave behind any fears and anxieties you might have about sailing or being on board a boat, together with that extra clothing (and other baggage) you think you might need, so that you arrive ready to embrace your new home and environment, ready to pull a few ropes, tie some knots, try fishing for dinner and get involved!



Sam



Introduction

At this point you're probably pretty excited about your up-coming holiday and delighted to have something to look forward to. However, you're sure to have a few minor (hopefully not too major) anxieties or questions, all of which I hope you find a solution/answer to in the following paragraphs.

This booklet covers:

- What to Bring/Not to Bring
- Living On Board
 - Sharing a Space
 - Water on Board
 - Electricity on Board
 - Provisioning
 - Alcohol & Smoking
 - Internet Access & Telephones
- Staying Safe
 - On Board
 - In the Dinghy
 - Swimming & Snorkelling
 - Ashore
- Staying Healthy
 - Seasickness
 - Heat, Dehydration & Sunstroke
 - Sunburn
 - Mosquitoes
 - Medications

If you have any questions or concerns that aren't covered; please don't hesitate to contact me at sam@yachtibis.co.uk or Skype me at sam-somewhere.



What to Bring & What Not to Bring

I don't know about you, but I always pack too much! Even though I live on board, I have a closet full of clothes that I haven't worn in a year, and a relatively small bag (about the size of a pillowcase!) full of staples that I wash and wear over and over again.

Your Packing List

When you're packing for your holiday or planning your packing there are a few things you should bear in mind:

- There's no-where to store hard luggage
- You will be outdoors in the sunshine most of the time
- It's too hot to wear anything (much) in bed
- Cotton & natural fibres are kinder to your skin than nylon or synthetic fabrics

The places to go ashore in the Caribbean are very casual and laid back and cater to the holiday crowd so you really don't need much in the way of formal clothes; with this in mind I suggest the following as your packing list:

Item	Boys	Girls
Holdall	Soft bag that can be easily stowed / squashed down	
Swimsuit	2 pairs swim shorts that can also double as casual shore shorts when dry Remember Speedo's may well give you a better tan but they do nothing for the ladies if you don't have a six-pack to go with them!	2 or 3 bikinis / swimsuits to minimise tan lines e.g. one halter-neck & 1 bandeau Remember you might be pulling some ropes so be confident you won't fall out of it!
Snorkelling	A rash vest – long or short sleeved Mask & Snorkel* Fins & Bootees*	
Cover-up	2 Long sleeved baggy shirts (can also be used as formal shore shirt if needed)	1 Long sleeved men's shirts (can also be used as a night shirt) 1 baggy blouse (can also be used as a formal shore blouse if needed) 1 Sarong (also doubles as a skirt)

Contin.



Item	Boys	Girls
General-wear	3 or 4 T-shirts (you will probably want to buy souvenir T-shirts on shore too) 2 or 3 pairs of shorts 1 pair of long, baggy trousers	
Underwear	4 to 6 pairs briefs No socks necessary	4 to 6 pairs briefs & bra's No socks necessary
Footwear – On Board	Comfortable sandals or deck shoes for on-deck – Crocs™ are very popular – should be new and not to be worn on the shore	
Footwear – Going Ashore	1 or 2 pairs max. Flip-flops or sandals	
Hat	1 or 2 Peaked Caps or brimmed sun-hats	
Eye Protection	1 Good pair of sunglasses	
Waterproofs	We supply wet weather gear (jackets) but you may of course bring your own if you prefer	
Towel	1 Beach towel only (other towels provided)	
Camera	1 (not too expensive in case it falls overboard - there are some great ones on the market now that are semi-waterproof)	
Music	Ipod, MP3 or CDs if you like!	
Books	2 or 3 paperbacks (many places we stop have free book-swaps)	
Toiletries	Don't over-pack, there's nothing you can't buy in the supermarkets here; and girls, you probably won't wear any make up except for mascara & lippy	
Sunscreen	Minimum Factor 30 for everyday (can be bought here)	
Mosquito Repellent	Tropical version (can be bought here)	
Travel Outfit	You will probably be coming from a colder climate so be sure to travel in something that will be appropriate for when you get back home	
Passport	With any additional visas if our Nationality requires it	
Name & Location of Ibis	You will need this for Immigration unless you're also staying in a resort/hotel	
Cash / Credit Cards	Minimal cash in Euros or USD plus cash-card & credit card as you prefer	
Phone Charger	That fits in a cigarette lighter socket	

* Ibis has a variety of snorkeling equipment on board but you may prefer to bring your own.

Please Don't Bring

- Valuable items of jewellery
- Valuable computer equipment (make sure you backup everything before leaving home)

Please Do Bring (difficult to get in the Caribbean)

- Typhoo tea bags
- Real Thai Curry Pastes (not the Lloyd Grossman etc. imitations)



Living On Board



Sharing a Space

Your holiday on board may be the first time you've had to share a living space for a while and you will need to be patient and make compromises as needed so that everyone has their own share of privacy. Try not to get stressed out about things that don't really matter, but please raise any real annoyances with your Captain.

Life on board is genuinely a lot of fun and it's rare that people don't get along!

Please remember to be considerate in the evenings if there is anyone who has gone to bed before you. Sound travels on a boat and it's easy to disturb others.

Courtesies

- Please unpack your bags and make yourself at home; each cabin has a dedicated wardrobe and the bathrooms have cabinets and hanging hooks, there's no need to live out of your suitcase. Towels **for use on board** are provided.
- There are no shoes to be worn below decks and only deck shoes (see recommended packing list) may be worn on board.
- Please always leave the bathrooms as you would like to find them.



Toilets

Your Captain will give you a demonstration on use of the sea-toilets when you arrive. The main thing to remember is that the tube taking the effluent out of the boat has a diameter of 1¼ inches compared to a normal household waste pipe of 3 inches or more. This means that boat toilets are easily blocked. Please do not put toilet paper or any other foreign object into the toilets; use the plastic bags provided; these can be removed from the boat daily.

Water On Board

Tankage

We carry approximately 800 litres of fresh water on board IBIS. When the clouds start gathering we rig up our “rain catcher”; this is simply a large piece of canvas with a tube attached at the low point so that water hitting the canvas can be funnelled into the tanks. In a good hard rain-storm we can fill empty tanks in a few hours! As we don’t have many heavy showers during the high season the empty tanks need to be filled in a marina; usually we can fill up on both fuel and water at the fuel dock in harbour. It’s worth bearing in mind that most Caribbean islands need to make their own water by desalinizing water from the sea and this is generally an expensive process. We need to pay for the water that goes into the tanks.



Some of the best places we visit are a long way from the nearest water tap and we need to be economical with the fresh water on board and conscious of using only the minimum amount of water we need, turning the taps on and off promptly. I’m sure you won’t want your time at a beautiful anchorage cut short to go back to a smelly harbour just because someone left a tap running too long!

Washing

You can minimize your water usage by:

- Turning off the tap whilst you brush your teeth.
- Filling the sink to wash with (yourself or the dishes) rather than under a running tap.
- Turning off the shower whilst you soap up or shampoo.
- Shampoo & wash on the stern platform after swimming – shampoo lathers well in salt water – you need only use the fresh water shower to rinse with.
- Helping keep tabs on water usage amongst your group.

That said, we carry enough water for you to shower once a day, and to do occasional laundering of underwear & swimsuits, so there’s no need to compromise your hygiene standards!



Rinsing After Swimming

Make sure you rinse off the salt water after swimming or snorkeling in the sea; if you sit around in a salty swimming costume you will quickly develop unsightly “nappy rash”! Also be kind enough not to go downstairs dripping salt water. Salt attracts moisture and contributes to a damp and sticky environment in the cabins. IBIS is light, airy, dry and cool inside; please help to keep her that way.



Plan your swim so that you take a towel & shampoo up with you before diving off the side!

Drinking Water

The water in the tanks is normally perfectly safe to drink and we will use it for making tea and coffee, and for cooking. We do carry bottled mineral water for drinking.

Electricity On Board

Every lightbulb, plug socket, pump, switch and electrical gadget on board takes its energy from a 12 volt battery system just like that in your car....and you know what happens when you leave your headlights on overnight!

IBIS has a much bigger batter bank that your average car, but the principles are exactly the same; please make it a habit to:

- Turn of every light switch as soon as you no longer need it.
- Charge your phones & MP3 players using a cigarette lighter type charger adapter.
- Minimise the use of high wattage items like hairdryers, the blender etc. and try to use them whilst the engine is running and the alternators can provide the power.
- Close the refrigerator door as soon as you have what you need from the fridge (the fridge is the biggest single drain on the battery system).



There is an excellent battery monitoring system on board IBIS and we keep tabs on exactly how much power flows in and out of the batteries. This means that we’re not likely to suffer from a flat battery! It’s interesting to see which things draw the biggest current, and to know how much we’re able to put back in from the wind generator and solar panels.

We have a range of options for re-charging the battery banks:

Engine

The most powerful way to charge the batteries is by running the engine. The main engine has dual alternators with a combined output of 195 amps (your car alternator probably puts out around 30 to



50). Once the batteries have dropped by a certain number of amp hours we need to run the engine to put the charge back in as quickly as possible. Running the engine, particularly if we're not actually going anywhere, is noisy, a little smelly, uses diesel and produces CO₂; the less we run the engine, the more environmentally friendly we are, and the less power we waste the less we need to run the engine!

Solar Panels

The four Solar Panels have a combined output of around 200 Watts (15 amps) in an hour at full whack (in comparison the kitchen blender has an 800 Watt motor – but we only use it for a minute or two!) Solar panels need strong sunlight to give a good output and are significantly affected by their angle to the sun and any clouds that are around.

Wind Generator

The KISS Wind Generator only starts to output power at around 15 knots of wind, so if we're in a sheltered anchorage it doesn't give an awful lot. However, when the wind is blowing hard, we can get an input of up to 20 amps, although this level of current (or wind strength) is not usually sustained. When running hard, it gives out a low pitched hum, but this isn't disruptive.

Shore Power

When we're in a marina we can plug into the shore power. This hooks up a battery charger to top up the main battery bank, and also connects the pug sockets directly to the shore so that they no longer drain the batteries. The batter charger has a maximum output of 50 amps but can run all night to bring the batteries right back up to Full!

Provisioning

Throughout the Caribbean, the supermarkets, bakers, fruit markets, fish & meat markets vary significantly from island to island. The major towns on the French Islands are fantastically stocked from Europe and these are the main provisioning points for the boat. Here we can stock up on good delicatessen supplies, meats, cheese, wine etc. On other islands you may be lucky to find a fresh loaf of bread or some good fresh fruit and vegetables as supplies arrive on a ship in a container!



We always try to buy good local fruit and veg, and fish where possible. The local grocers will always put things in at least one plastic carrier bag, probably 3 or 4! And they tend to wrap glass bottles in newspaper, too.

There are a couple of points to remember when provisioning:

- There are next to no recycling plants in the Caribbean so try and minimize your intake of plastic packaging.



- Beer bottles carry a deposit and are normally re-used so give them to a local child to deal with! He'll get a dollar or two towards his school books.
- Newspaper and cardboard are great places for bugs to lay eggs so please avoid bringing it on board.
- Always wash fruit, veg and salad stuff well before eating or cooking
- Get your fish cleaned by the guys in the market – it's cheap and it keeps the blood & scales off the boat – own catches excepted...these are very welcome!
- When stocking the fridge, open the door for as short a time as possible.

Alcohol & Cigarettes

Partyers

There is no alcohol consumed whilst sailing and if we make a lunch stop, alcohol is limited to one or two bottles of beer or a glass of wine. This is to ensure safety whilst sailing and is non-negotiable.

During evenings on shore, we ask only that you bear in mind the sailing schedule for the following day and any responsibilities you might have towards it e.g. you might be nominated skipper for the day. Please also remember to be considerate to any sleeping shipmates on coming back to the boat.

Smokers

I prefer that smokers don't smoke on board and there is **NO SMOKING INSIDE THE BOAT**. If you do need to smoke before we reach shore, please smoke at the back of the boat so as not to affect others. Always use an ashtray for cigarette butts as they are not bio-degradable, although you may flick ash over the side, being conscious of the wind direction.



Be aware that the boat is made of plastic composite and will burn. Your cigarette is a fire hazard so be extra careful.

Internet Access & Telephones

We have a pretty good internet gizmo on board which catches any free internet wifi signals within a mile or so! You are welcome to use the Captain's laptop for checking email, or you can use the wifi antenna if you bring your own.

Internationally unlocked phones will pick up signals throughout the islands or, if you prefer, local telephone sim cards are reasonably priced.

Phones and laptops can both be charged on board.

Please bear in mind that part of the beauty of a sailing holiday is to escape your work stresses; try not to bring them with you, or to inflict them on your shipmates!



Staying Safe



Safety On Board

You will be taken through a full safety briefing on your first day on board. IBIS is fully equipped with safety and first aid equipment for up to 60 miles offshore (approximately 10 hours sailing).

For your own safety, please don't tamper with any levers or switches on board unless or until you've been shown how to use them. Fire and flooding are real dangers on board a small vessel and you should be aware of any strange smell or water sloshing about! If in doubt, tell the Captain.

Non swimmers must wear a life jacket at sea at all times and be happy that they know how to attract attention.

In the Dinghy

The dinghy is used rather like a car to take people back and forth to the shore, go exploring or go to the shops. It is also an extra means of survival in an emergency situation and needs to be cared for. Anyone driving the dinghy must be competent to do so.

Passengers must wear a life jacket if they have difficulty swimming; a light (torch or headlamp) must be used after dark and the driver & passengers need to keep a sharp lookout for floating objects which can get caught in the propeller or damage the hull. Don't overload the dinghy, make sure weight is distributed evenly on both sides as far as possible, and take extra care when returning to the boat at night after a spell in the bar.



Swimming & Snorkelling

Swimming and snorkelling around the boat can be dangerous in a crowded anchorage where dinghies are whizzing back and forth with passengers, dogs and shopping. If you are swimming, stay close to the boat and if you want to swim further, make sure that you take a brightly coloured swim-ring or something similar so that you will be easy to spot in the water. If you hear the sound of an engine, make sure that you know where it's coming from and that be sure that he's seen you and isn't going to run you down.

When snorkelling, stay close to the shore, or carry a similar means of being seen in the water.

Going Ashore

Take a minimum amount of cash with you when going ashore and, depending on the location, be aware of appearing too affluent; for example, it's not always appropriate to wear diamonds or gold jewellery in some parts of St Vincent. Of course, the opposite is true in St Barths...try not to appear too poor!

Keep your credit cards close to your body and have some spare change handy in an accessible pocket for giving to beggars – if you're so inclined. Don't wander off alone on the beach after dark and pay close attention if you take a laptop or other electronic gadgets ashore. Petty crime can be particularly rife during carnivals.



A theft on board is a possibility, though rare, and you should avoid bringing valuable items with you on a sailing holiday. Please notify your Captain if you're concerned about leaving something valuable on board when everyone is ashore.



Staying Healthy



Seasickness

"You'll feel better if you sit under a tree."

Admiral Nelson's fool-proof remedy for seasick sailors; Nelson, who made a few trips to the rail himself, was obviously a funny guy but not everybody shares his sense of humor about seasickness. Nasty old "mal de mer" comes to us all at one time or another and rare is the seaman or woman who's never experienced it, so be wary of someone who brags about never having been affected! Seasickness as a rule doesn't last too long, though, and very often a first night aboard being rocked to sleep helps you relax into the boat's motion. You may well find that your worries and precautions were, thankfully, for nothing.

There are a number of factors that contribute to seasickness, and knowing about them can help to prevent the onset or to lessen the effects. Not all of what follows has a medical or scientific basis, but some things work for some people and others for others:



Causes & Contributors to Seasickness

The Motion of the Ocean

This is ultimately what causes the nausea....a constantly moving boat causes fluid to move about in your inner ear and this causes a disparity between the angles you're seeing and what your balance centre is telling you. For this reason, many people find they feel better by concentrating on the horizon which doesn't move, or you might find that you feel better when you're steering the boat. You steer a straighter line when aiming for something a long way in the distance (like something on the horizon or a stationary cloud in the sky) which moves imperceptibly compared to the boat's movement; this has a similar effect on your brain as concentrating on the horizon.

Attitude & Anxiety

Worrying that you might get seasickness causes tension in your body; you start to resist the motion of the boat instead of relaxing into it, and this tension aggravates the neural disorientation described above. Or more simply, the more you worry about getting sick, the more likely you are to be sick! If you can put your mind over the matter you stand a better chance of not being affected. It also helps to try and relax your body so as not to tense up and resist the motion – a bit like riding the waltzers!

Keep Busy but Above Deck

The feeling of disorientation is worse when you go below decks where you can't see a horizon level, and when you're sitting concentrating on your own misery! Try and keep busy above decks and avoid trips to the cabins.

Dehydration or a Hangover

Dehydration, also a hangover symptom, genuinely contributes to the feeling of nausea. Your natural reaction is to drink more water, but the extra fluid sloshing about in your stomach on its own isn't always helpful. Make sure that you sip water rather than gulping it and also nibble on things that will soak up the water and stop the slosh; bread, biscuits, crackers and dried fruit are all good.



Hunger

I always think that if my stomach is occupied, it's less likely to rebel! Eat a good breakfast and then make sure you nibble a lot during the day. Always eat things that you like; there's nothing worse than starting to feel sick and then remembering that the last thing you ate were those revolting brussel sprouts or whatever...it really doesn't help your stomach want to keep hold of its contents! If you find yourself wondering what to eat for the best have a banana or a ginger biscuit. Ginger has digestive settling qualities (see below) and bananas are filling and I find they really work for me!



Preventatives

NOTE: Please seek medical advice before taking any natural or medicinal product noted below.

Natural Remedies

Ginger is the most frequently touted natural remedy for general nausea and sea sickness and there have been several studies done which confirm its effectiveness. Take powdered ginger in capsule form e.g. **Sailor's Secret**, before leaving land, drink ginger ale beer or tea, eat fresh or pickled ginger, a ginger biscuit or suck on a ginger sweet to help combat your green cheeks.



Homeopathic Medicines

Trip Ease, **Sea Sickness Oral Spray**, **On The Move** capsules, and **Motion Eaze** natural oil are some of the available homeopathic/herbal options for quelling seasickness.

Over the Counter Medicines

Over the counter medications usually cause some drowsiness and need to be taken at least 1 or 2 hours before getting on board. The most recommended are pills with the following active ingredients (mainly types of antihistamine):

Meclizine is available under the brand names of **Dramamine** (Less Drowsy), **Bonine**, **Bonamine**, **Antivert** and **Sea Legs**; Dimenhydrinate is sold as **Dramamine** (regular), **Driminate**, **Gravol**, **Gravamin**, **Vermex** & **Vertirosan** and is available as pills or suppositories. **Benadryl** works for some people.

Marezine (cyclizine) and **Stugeron** (cinnarizine) seem to be less sleep inducing than the medications listed above.

Prescriptions

The motion sickness patch is probably the most popular medication, like a regular plaster you place it behind your ear 4 hours before boarding and change it if necessary after 72 hours. It's quite an effective way to prevent seasickness but can give you a dry mouth and blurry vision. Better to be thirsty than sick, though! The active ingredient, scopolamine, is absorbed through the skin. The patch needs to be kept dry otherwise you get one big dose at once which can give you hallucinations!

Wristbands

Acupressure bracelets are a drug-free product causing no side effects. The motion sickness band is worn one on each wrist for the duration of your trip. Some contain small magnets, others just a stud, which should be aligned with a pressure point (P6) on your wrist and pressure applied periodically. It doesn't work very well if you miss the pressure point.





The electronic, drug-free motion sickness ReliefBand® is worn on the wrist like a kind of motion sickness watch. It's battery operated and emits low-level electrical pulses to avoid and treat motion sickness by calming the stomach.

Once You Feel Sick

Should you have forgotten to swallow, stick, rub or sniff your chosen anti-sea sickness remedy and you suddenly start to sweat, turn pale, salivate and lose concentration there are a number of things you can do to stop yourself actually being sick until you find your sea legs:

DO:

- Ask to steer the boat; facing forward and focusing on a distant, stable object, like the horizon helps your brain to adjust.
- Talk to your crewmates or listen to some music to take your mind off things.
- Eat dry or salty snacks at regular intervals to help dry up your stomach.
- Go and lie down. You will relax your body more easily if you can lie in the recovery position or on your back like a starfish! These prone positions also stop you sliding around your bunk as the boat moves!

DON'T:

- Try not to read once the sea sickness has kicked in, it will make you feel worse.
- Drink big gulps of water; tiny sips at intervals are better.
- Face backwards.

Getting Your Sea Legs

If you do get seasick, remember that it will end, usually after 2 or 3 days at most. Your Captain will keep an eye on you and make sure that you get some food and drink plenty of water. We will always stop in an anchorage every day so you will have the chance to get off the boat and walk around...you will feel instantly better! Sooner or later the boat will reach shore and you'll be able to sit under a tree.

Heat, Dehydration & Heat Stroke

Dehydration

Although better temperatures are one of the reasons for taking a holiday in the Caribbean, you should be wary of the effects of heat on your unaccustomed body. Temperatures in the Caribbean regularly exceed 30°C and you will constantly lose water and salts from your body through sweating.

Dehydration is exacerbated by caffeine, alcohol excess, and by seasickness and symptoms include a dry mouth, lack of needing to urinate and dark urine.





Make sure you drink at least 2 litres of fluids a day and avoid too much alcohol or coffee.

Heat Exhaustion

The extra humidity closer to the equator and physical exertion sailing a boat can make it difficult for sweat to evaporate and you may also find yourself starting to overheat; older people and those with high blood pressure are most susceptible. The symptoms of heat exhaustion include dizziness, hot & cold “sweats”, headache, nausea and muscle cramps, and if not addressed can lead to heat stroke which is a type of hypothermia and can be fatal.

The best way to avoid heat exhaustion is to try and stay cool. Fortunately at sea there are always cooling breezes; we have a bimini to shade the cockpit, and when we’re anchored you’re free to swim as much as you like! You can help yourself by drinking water little and often to avoid becoming dehydrated (including avoiding excessive alcohol consumption), by wearing loose cotton clothing and a hat in the heat of the day, and by cooling off in the sea when you can.

If you do start to feel too hot, make sure you tell the Captain who will help you with ways to cool off....snorkelling down to clean off the propeller is always effective!

There is currently no air conditioning on board IBIS and it isn’t really necessary; at night there are 12 volt fans in each cabin (see Electricity On Board).

Sunburn

The sun in the Caribbean is strong. You will need a minimum of factor 30 sunscreen for everyday use and don’t be too proud to ask someone to rub sunscreen on exposed skin that you can’t reach. Sunburn is a real possibility and you need to take precautions. Try and use a waterproof or sweat-proof type of lotion.

Mosquitoes / Malaria / Dengue

There are mosquitoes in the Caribbean and whilst those carrying Malaria are rare, Dengue Fever is a possible risk and you need to wear mosquito repellent to avoid being bitten whilst on shore.

Mosquitoes are usually not a problem at anchor as we are usually too far away for them to fly out and the breezes keep them away.



Medications

There are medical universities on almost every island now and access to prescription drugs and medical care is not a problem. You should, however, bring with you a supply of any medication you take regularly or may need; and please be sure to advise the Captain of when you might need it and where you keep it.



Healthy Eating

We pride ourselves on eating fresh, healthy and, where possible, locally grown or caught food on IBIS and we think you'll find the food as good as, if not better than, any you'll get in a restaurant ashore! Even our Rum Punch is made with fresh local fruit....

Breakfasts are typically fresh fruit, yoghurts, cereal and fruit juice or fresh fruit smoothies (home made of course!), although eggs and bread are available and we do a mean French Toast!

Lunches tend to be salads, cold meat and fish or omelettes, and fresh, home-baked bread.

Dinners can range from barbequed steaks or home-made burgers, steamed fish in Captain Sam's Asian marinade to Thai Green Curry Chicken, Moroccan Cous Cous or perfectly cooked pasta dishes.



Your holiday with us is a great time to ditch the chocolate biscuits, perhaps detox a little, and get into a healthier eating habit to take back home. Together with all that sunshine, space, fresh air and exercise, you'll feel like a new person by the time you leave!

END