

1995 HAWAI'ILOA VOYAGE

Plan for Meeting Objectives Hilo-Ra'iatea-Tautira, Tahiti (Feb. 7 - March 22, 1995)

| | <u>No. of Crew (Total)</u> | <u>No. of Navigators</u> |
|------------------------------|----------------------------|--------------------------|
| <i>Hawai'iloa</i> | 13 11 | 4 |
| 1. Sea trials | | |
| 2. Limited material testing | | |
| 3. Navigation Training | | |
| 4. Sailor Training | | |
| 5. Ceremonies and Gifting | | |
| 6. Language and Culture | | |
| <i>Hökūle'a</i> | 12 | 3 |
| 1. Navigation Training | | |
| 2. Sailor Training | | |
| 3. Ceremonies and Gifting | | |
| 4. Health, Diet and Medicine | | |
| 5. Plant Transportation | | |
| 6. Language and Culture | | |

Tautira to Nukuhiva (March 29 - April 12, 1995)

| | | |
|-----------------------------|----|---|
| <i>Hawai'iloa</i> | 12 | 4 |
| 1. Sea trials | | |
| 2. Limited material testing | | |
| 3. Navigation Training | | |
| 4. Sailor Training | | |
| 5. Fishing Methods | | |
| 6. Ceremonies and Gifting | | |
| 7. Language and Culture | | |
| <i>Hökūle'a</i> | 13 | 4 |
| 1. Navigation Training | | |
| 2. Sailor Training | | |
| 3. Fishing Methods | | |
| 4. Ceremonies and Gifting | | |
| 5. Language and Culture | | |

Nukuhiva to Hawai'i (April 17 - May 13)

| | | |
|---------------------------------------------------|----|---|
| <i>Hawai'iloa</i> | 12 | 3 |
| 1. Sea trials | | |
| 2. Plaiting and Weaving, Lauhala Sails and Covers | | |
| 3. Cordage, Lashing and Rigging | | |
| 4. Caulking and Finishing | | |
| 5. Fishing Methods | | |
| 6. Ceremonies and Gifting | | |
| 7. Navigation Training | | |
| 8. Sailor Training | | |
| <i>Hökūle'a</i> | 12 | 3 |
| 1. Navigation Training | | |
| 2. Sailor Training | | |
| 3. Fishing Methods | | |
| 4. Ceremonies and Gifting | | |
| 5. Language and Culture | | |

From: Nainoa Thompson

Date: September 9, 1994

Subject: Crew Selection for 1995 Sails

We have completed the initial selection of the core crew of 61 individuals selected to sail on one of the attached sails.

Please complete the enclosed sail survey and return to J. Nainoa Thompson by September 23. This survey will help to determine every individual selected to sail on a long voyage in the South Pacific will undergo a physical and swim test. Those chosen to sail inter-island voyages will be selected. Final selection for crews will be made after November 1. All surveys have been completed. You will be notified by mail no later than October 15 if you have been selected to participate in.

If your survey is not received by the above date we will assume you are not interested and/or are unable to make any of the scheduled sailings.

Polynesian Voyaging Society
Pier 36
Honolulu, HI 96817

Or fax to 531-7135. If there are any questions, regarding the survey, call 531-7240.

Are you interested in participating in next year's sail?

If so, which sail(s) would you be available to participate available to sail on.)

February 5 - 8

February 13 - March 22

March 29 - April 12

April 17 - May 12

May 13

June

July

Honolulu - Hilo

Hilo - Tautira

Tautira - Marques

Marquesas - Hawa

Hawai'i - Kualoa -

Alaska/British Col

Alaska/British Col

If no, would you be interested in participating in an inter students? (This is not confirmed at this time.)

NOTE: No one is guaranteed a slot until the following:

- 1) Those selected for the long voyage to the South both the swim test and physical.
- 2) Those selected for the inter-island sails or Alaska taken and passed the swim test.

This survey is to determine everyone's availability to sail more than one sail, you will more than likely be chosen for survey to Jarnell no later than September 23.

**Another seminar, tentative
required basis only.**

**Again, the November 18
their physicals and swim
Shantell or Jarnell at 53
your physicals.**

attempting to improve their health condition/risk is
and

- provide individual medical advice on ways to improve term, overall health.

Please be reminded that each crew candidate must pass the set by the Polynesian Voyaging Society, in order to sail on

Please complete the survey and have it in the mail to Dr. [redacted] medical survey needs to be reviewed by both Ben Tamura and [redacted] physicals being given. Keep in mind that your honest and [redacted] order to insure a correct evaluation of each individual's health information received will be kept *confidential*, as the survey is handled by the medical office. If there are any questions about this process, call [redacted] at 737-4488 or Nathan Wong at 734-4810.

Schedule for the physicals, which will be conducted at Pi

2:00 to 5:00 p.m.

October 29, November 1

12:00 noon to 4:30 p.m.

October 30 and November 2

Again, the all crew seminar is very important and we would best to make the scheduled November 18 - 20 meeting. Without the seminar, it is important for those of you who possess a crew with you. Additional information will also be provided at the

Please call Shantell or Jarnell at 531-7240 to schedule your problem attending this seminar. Outer island crew members, your participation so airline coupons can be forwarded to

CREW TRAINING SEMINAR
Leadership / Navigation
Agenda
November 4 - 6 -- Pier 36

Friday, November 4

| | <u>Leadership</u> | <u>Navigators</u> |
|-----------------------|------------------------------------------------------------------------------------|-------------------|
| 6:00 p.m. - 8:00 p.m. | A. Sail Plan B. Chain of Command C. Crew Selection D. Crew Responsibility | " " " " |
| 8:00 p.m. - 9:00 p.m. | Question and Answer | " |

Saturday, November 5

| | | |
|-------------------------|------------------------------------------------------------------------------------|----------------------------------------------|
| 8:00 a.m. - 11:15 a.m. | A. Media B. Safety Procedures | " " |
| 11:15 p.m. - 12:15 p.m. | LUNCH | |
| 12:30 p.m. - 2:30 p.m. | National Weather Service Mtg | " |
| 2:45 p.m. - 5:00 p.m. | C. Safety Procedures D. Crew Physicals (2:00 - 5:30 p.m.) E. Medical Aspects | Detail Sail Plan Crew Physicals Review |
| 5:00 p.m. - 6:00 p.m. | DINNER | |
| 6:00 p.m. - 8:00 p.m. | F. Safety Procedures | Detail Sail Plan Review |

Sunday, November 6

| | | |
|-------------------------|-----------------|-----------------|
| 8:00 a.m. - 11:00 a.m. | Review as req'd | Review as req'd |
| 11:00 a.m. - 12:00 noon | LUNCH | |
| 12:00 p.m. - 5:00 p.m. | Crew Physicals | Crew Physicals |

PVS TRAINING SEMINAR

FRIDAY, NOV 4, 1994 ---- 6 - 8 PM Leadership Seminar

LEADERSHIP & NAVIGATORS

A. Sail Plan: 6 to 7 canoes - 6,500 miles

HONOLULU TO HILO

3 Feb 95 - - Lv HNL-- Hoku & Loa

6 Feb 95 -- Ar Hilo

HILO TO TAHITI

8 Feb 95 or later -(1st good weather) want to hit Doldrums with full moon

--Lv Hilo -- Hoku - Loa - Makali'i?

Mar 95 --Ar Ra'iatea

22 Mar95-- Ar Tautira, Tahiti --rendezvous with: Cook Islands, Autearoa,
Tahiti & any other voyaging canoes.

TAHITI TO MARQUESAS

29 Mar 95--Lv Tautira

12 Apr 95--Ar Nuku Hiva, Marquesas

MARQUESAS TO HAWAII

17 Apr 95--Lv Nuku Hiva, Marquesas

May 95--Ar Hawaii - each canoe to be hosted by separate island // school:

Hokule'a: to Hilo

Hawaii Loa: to Kauai

Makali'i: to Kawaihae

Tahiti Canoe: to Ma'alaia, Maui

TeAurere: to Kona

Cook Island Canoe (Tua's): to Ka'anakakai

Cook Island Canoe:Taketumo : to Lanai

HAWAII SITES TO KEEHI LAGOON, OAHU

10 May 95 -- Canoes to Kalapapa, Moloka'i

11 May 95 pm --Lv Kalapapa, Moloka'i

12 May 95 - 8am -- Ar Kualoa StatePark; Hokule'aBeach

small ceremonies for families and crews

12 May 95 -- Lv Kualoa

12 May 95 -- Ar Maunaloa Bay, Hawaii Kai - Big dinner in Hawaii Kai / Showers

13 May 95 -- Lv Hawaii Kai

13 May 95 - 8 am -- Ar Keehi Lagoon - Big Public celebration

B. Chain of Command: Navigator is in command unless there is a Captain

C. Crew Selection:

Leadership Seminar Weekend 4 - 6 Nov 1995;

Crew Seminar Weekend 18 - 20 Nov 1995

Medical Screening by Nov 19

Preliminary Crew Notification by Nov 19

Rough water swim test on Nov 20

Conference on Dec 1

Final crew selection - first week Dec.

All crews will be Kualoa to Hawaii Kai to Keehi 12-13 May 1995

22 Nov

Ala

Purpose:

A. Provide information for the following:

1. Pre-Voyage

- a. Hawai'iloa
- b. Hōkūle'a
- c. Navigation Training
- d. Crew Training
- e. South Pacific Training - *Wine all together*
- f. Community Projects
 - voyaging foods —
 - protective clothing
 - plaiting and weaving
 - cordage
 - plant transportation
 - fishing methods
 - traditional medicines —
 - gifting
 - lauhala sail

2. Marquesas Voyage

- a. Sail Plan

3. E'ala Voyage

- a. Sail Plan

4. Education Programs

- a. *No Nā Mamo*
- b. Exploration Learning Center
- c. Inter-island Voyage - *Eala - 5/2/94*
- d. Anthology - *2/10/94*

5. Alaska Voyage *Seattle - Juneau 5000 miles Ha*

6. Medical Issues *Benz, Hala, Dennis*

7. Media - *Dennis*

B. Design/Define Work Sessions *in progress*

- 1. Chain of Command
- 2. Crew Selection
- 3. Crew Responsibility
- 4. Safety Procedures

C. Finalize/Outcomes *WLF CUNDAV*

- 1. Crew Selection
- 2. Chain of Command
- 3. Crew Responsibility
- 4. Safety Procedures
- 5. Partial Completion of Medical Screening

D. Navigation

- 1. Select Navigators
- 2. Review Navigation Theory
- 3. Complete Detailed Sail Plan

Hawaii → Tahiti

Leg 1

Hoku
Shorty

N: Hawain

2PT - Nainoo

30 m

DW

PVS TRAINING SEMINAR

SATURDAY, NOV 5 -- 8 am to 8 pm

A. Safety Procedures: Chad

1. Escorting:

- a. Overall
- b. Towing
- c. Escort must leave

2. Communications between escort and canoe:

Routine procedures
Escort loses sight of canoe
Canoe loses sight of escort

3. Emergency Guidelines

- a. Man overboard
 - Procedures on the canoe
 - Procedures for escort
- b. Swamping
- c. Transferring crew to escort
- d. Transferring escort to crew
- e. Medical Evacuation to helicopter or ship

4. Communication Guideliness -

Using radios: Designated radio operators
Designated radio personality/media

Emergency operations/Communications:

Equipment:

Single side band on canoe another on escort - commo to Hawaii
VHF - line of sight. Canoe has base station and 2 hand helds
ARGO
INMAR SAT - Honolulu

5. Emergency Equipment -- canoe & escort

6. Leaks and Damage Control

7. Raising and Lowering Sails

8. Coming About

9. Storm Sailing

10. Restanding Mast at Sea

Meal Schedule for Voyage:

30 days - 1 meal/day, maximum meals required

16 days - 2 meals/day, maximum meals required

21 days - 3 meals/day, maximum meals required

*30 days * 3 meals*

Menus:

Meals should be arranged in progression to maintain

1st stage - Fresh - *catch fish use fresh fruit*

2nd stage - Limited Fresh

3rd stage - Preserved

Foods: in different stages of preparation

Fresh - ulu, banana, coconut, sweet potato

dry

Preserved:

whole way - fish, squid, banana, coconut

14 days - taro, ulu, sweet potato

first 7 ~~21~~ days - fruit, fresh fish

Clare

Sharon Odum

- 3) Dr. Terry Shintani
 - 4) Dr. Kekuni Blaisdell
 - 5) Dr. Nathan Wong
 - 6) Dr. Benjamin Tamura
- Donna

What schools could we get to assist in this pr

- NO NA
MAMA
PAPA
- ONE'ALA
- 1) O'ahu - Wai'anae High School (Susan Lu)
 - 2) Kona - Hale o Ho'oponopono and Konawaena
Hilo - Hilo High School (Jim Nani'ole)
 - 3) Moloka'i - Kilohana School (Tanya Wills)
 - 4) Maui - Hana?, Lahainaluna?, Keanae?
 - 5) Kaua'i - ? (Dennis Chun)

Other resources to use:

- 1) Tommy Holmes' Book - The Hawaiian C
- 2) Dr. Shintani's Book - Wai'anae Diet
- 3) Plants in Hawaiian Culture
- 4) Polynesian Voyaging Resource Book

PVS Dietary Program

PVS TRAINING SEMINAR

5 NOV 94 Pm 36

Community Project - Voyaging Foods

1. Participants:
Ben, Nate, Donna, Naomi, Clair, Sharon, Moku, Tava, Pinky,
2. Foods:
Banana, Taro, Ulu, Sweet Potato, Sugar Cane, coconut, fish, squid
3. Preparation:
Tava describing banana drying and wrapping:
Slice yellow ripe bananas lengthwise in half
Lay out to dry on woven lauhala or other matting such as woven banana leaf
Place in drying boxes and keep out of rain, bugs
Turn every 12? hours
After 2-3 weeks? prepared to wrap
Lay out 10 slices, overlap another ten about 1/3rd from the bottom of the first
Wrap in dried banana stock leaves-overlapping lengthwise
Tie with sennat or twine in portions of meals anticipated
Hang with string like sausage
Keep as dry as possible. Needs air. If kept in bucket, must take out to air often.
4. School Involvement:
Nainoa knows of schools willing to help- especialy the No Na Mamo project schools:
Wai'anae High - Oahu
Hale o Ho'oponopono - Kona
Konawaena - Kona
Hilo High - Hilo
5. Diet Candidates:
Nainoa, Tava, Chad
6. Meals Required:
1 meal / day of traditional diet on leg #1 (30 days) -- 30 meals/ person
2 meals / day of traditional diet on leg #2 (15 days)-- 32 meals / person
3 meals / day of traditional diet on leg #3 (21 days)-- 63 meals / person
7. Considerations:
Nutritional requirements
Measurments of weights/body fat/etc of crew
Dietary journals on voyage

POLYNESIAN VOYAGING SOCIETY
Pier 36, Honolulu, HI 96817

MEMORANDUM

To: Crew Members
From: Jarnell Martinson
Date: November 8, 1994
Subject: All Crew Seminar

This is just a reminder to all crew members that our mandatory all crew seminar and swim test will be held on November 18-20, 1994. The seminar will begin at 6:00 pm on Friday evening and conclude about 6:00 pm Sunday afternoon.

For those who have not as yet taken their physicals, they must be taken during that weekend. Enclosed is a tentative agenda for the weekend's events.

For our outer-island crew, please call the PVS office at 531-7240 to confirm with Jarnell or Shantell whether or not you will be in attendance so that airline coupons and reservations can be made and mailed out to you.

If you have any questions or problems, please give us a call. Mahalo!

CREW TRAINING SEMINAR

All Crew

Agenda

November 18 - 20 -- Pier 36

Friday, November 18

PIER 36

- 6:00 p.m. - 8:00 p.m. Briefing
Seminar Schedule/Logistics
- 8:00 p.m. - 9:00 p.m. Dinner
Leadership/Navigation Briefing (Crew Lists)

Saturday, November 19

PIER 36

- 7:00 a.m. - 8:00 a.m. Breakfast
- 8:00 a.m. - 11:30 a.m. Safety Procedures/Work on Canoes
Media / Education presentation - Dennis/Elisa
Medical Presentation - Ben/Nate
Team/Specialist Meetings
- 11:30 a.m. - 12:30 p.m. Lunch
- 12:30 p.m. - 4:00 p.m. Work on Canoes - Crew
Navigational seminar
Crew Physicals (2:00 - 5:00)
Team/Specialist Meetings
- 4:30 p.m. - 6:30 p.m. Planetarium Presentation
- 7:00 p.m. - 8:00 p.m. Dinner
- 8:00 p.m. - 9:00 p.m. Crew Selection
Leadership Meeting (In-command and Navigation)

Sunday, November 20

- 6:00 a.m. - 2:30 p.m. Lunch Preparation (Jarnell and Shantell)
- 8:30 a.m. - 10:30 a.m. Meet at Niu Valley
Teams/Specialist Meetings (as required)
- 10:45 a.m. - 1:30 p.m. Portlock Swim Test
- 2:00 p.m. - 6:00 p.m. Crew Selection Individual Meeting
Lunch

SWIM TEST SCHEDULE

Sunday, November 20

930 - Meet at Niu Valley

10:45 a.m.

Leave Niu Valley for Portlock

11:15 a.m.

Split teams

11:15 a.m. - 12:15 p.m.

Briefing/Demonstration (Team One)

- Man Overboard Procedures
- Swim Techniques -- Breast, Side
- Support for Team Two

SWIM (Team Two) - *9 people - 2 surfboard*

7 persons - swim

1 person - surfboard

1 person - dive

12:30 p.m. - 1:30 p.m.

Briefing/Demonstration (Team Two)

- Same as above
- Support for Team One

SWIM (Team One)

Support Team - Team Two *for team 1*

7 persons - surfboard

2 persons - dive

Equipment Required:

Foul Weather Gear - 3 sets

Man Overboard Pole

Harness

Canoe/Paddles

Anchors

Surfboard - 8

Diving Gear - 3 sets

Rope - 2, 50' dacron 9/16"

POLYNESIAN VOYAGING SOCIETY
PIER 36 Honolulu, HI 96817

MEMORANDUM

TO: All Crew Members
FROM: Nainoa Thompson
DATE: December 15, 1994
SUBJECT: Medical Evaluation / Crew List Notification Update

I hope this letter finds all of you doing well. Our voyage is fast approaching and yes our final crew selection is almost complete. Considering that arrangements need to be made and finalized with one's family and employer, as soon as the crew list is finalized, we will be notifying you by phone and an official notification letter will be sent out immediately.

Just to let you know, all went well with everyone's medical evaluations. Enclosed you will find your personal medical evaluation/ suggestion letter from our doctors (Dr. Ben Tamura and Dr. Nathan Wong).

As a reminder, our next crew seminar will be held from January 13-16, 1994. Please keep these dates in mind so that all can be in attendance as it is our last crew training sailing/ seminar before our big "Voyage." For our outer-island crew, airline coupons will be sent along with our crew list notification letter.

If you have any questions regarding the above, please feel free to call Jarnell or Shantell at 531-7240.

Mahalo for your patience!

Here is the **INFORMATION SHEET** with "brief" explanations I referred to:

When I spoke to many of you during the recent physical exams, I mentioned the possibility of getting some donated gamma globulin and tetanus vaccine. I am sorry to say that I spoke too soon ... it did not work out. Thus, if any of you received recommendations to update your immunizations, I am afraid that you must pursue such at your own expense. To help you decide whether to follow through with our recommendations, I wrote up this summary for you to review at your leisure.

So far, I feel the travels of the PVS have been very fortunate from an infectious diseases perspective. There have been no cases of tetanus (lockjaw), syphilis, polio, acute Viral Hepatitis A and no cases of measles brought into communities we have visited. We have been lucky indeed. However, from a policy perspective, luck is fickle; if it goes our way, terrific ... we cannot plan something based entirely on luck. We need something more concrete, more reproducible and predictable. If luck goes our way, good. But if it does not, we need to be prepared and to be accountable.

What follows is a paraphrased, plagiarized summary from the **U.S. Public Health Service** regarding immunizations for U.S. travelers going to the Society Islands and the Marquesas (as of October 1994).

I. MANDATORY IMMUNIZATIONS

None

II. RECOMMENDED

- 1) **Tetanus (Td)** -- if not received within the last 5 years.
- 2) **Measles** -- **our MMR** -- if born after 1956 and you have never had a doctor diagnosed case or a blood test to prove immunity or written verification of at least TWO vaccines with live-attenuated virus after age 1.
- 3) **Pneumococcal vaccine** -- if you are older than age 65, or any age with chronic health conditions such as diabetes, asthma, heart/lung/blood-vessel diseases. Only one shot is required for life, no boosters necessary.
- 4) **Influenza vaccine** -- if you are older than age 65, or any age with chronic health conditions. Influenza vaccine needs yearly boosters.

III. OPTIONAL

- 1) **Hepatitis A (immune gamma globulin)** -- Hepatitis A is a food and water borne viral illness. No one dies from Hepatitis A and there is no chronic carrier state. It just makes you sicker than hell and temporarily jaundiced. While you are ill, you may be prone to dehydration and electrolyte imbalances.
- 2) **Hepatitis B** -- this is a bummer. 10% become chronic carriers and risk liver cancer, 1% acutely die. It is transmitted by sexual contact and blood transfusions or blood contaminated equipment (needles, sutures, scalpels). The vaccine is recommended for health care workers, persons anticipating direct contact with blood, those anticipating sexual contact with locals whose hepatitis status you don't know or those anticipating using local health care facilities.

for several weeks, if you will be going the entire way. Ha wish to be careful. Ask your personal doctor.

I am missing Surf Trac because of this memo, so please want to make sure that those of you who received recom and/or measles booster follow through with it.

Tetanus is a killer. It is an acute life threatening neurom neurotoxin produced by a bacteria introduced under the s The toxin causes uncontrolled muscle spasms of such int reported to break their own bones from their own uncont paralyzes your ability to breath, swallow, move and caus 100% preventable with the tetanus vaccine (Td). The vac years ... every 5 years if the wound is particularly "dirty" members get a Td booster if you have not had one in the and you do not know who to ask, play it safe and get the know a physician to ask or if you do not have medical in

Measles ... this is of concern only for those born after 19 it is highly contagious to susceptible individuals. In adu brain damage from it. Our greatest fear is an outbreak in we have left and the source of the infection is traced to o Public Health Service and the American College of Imm booster vaccine (MMR) for all travelers born after 1956 immunity: 1) a doctor diagnosed you with measles (not measles), 2) you do a blood test for measles antibody tite written documentation that you have had at least two dos

vaccine received on or after age one. If you are not sure, the least expensive and safest thing to do is to get MMR booster. Talk it over with your doctor or call me.

A special note about MMR ... women need to make certain that they are not pregnant when they get the vaccine and need to take precautions not to get pregnant for at least three months after they receive the vaccine. If you are going to get the MMR and gamma globulin, make sure you get the MMR first, at least two weeks BEFORE the gamma globulin. If you get the gamma globulin first, you must wait at least 6 weeks (preferably 3 months) before you can get the measles vaccine. If you have a serious allergy to eggs or to neomycin, you cannot get the vaccine. Call me.

Finally ... mosquitoes. Tahiti has Dengue fever. Never mind what it is ... you don't want to get it. It is transmitted by mosquitoes. Everyone who will be spending sometime on land in Tahiti or the Marquesas should bring mosquito repellent (Off). Its summertime there, it will be hot and muggy. Protective clothing should be light and breathable -- spray the repellent on your clothing and apply it to the exposed body parts remaining. Try it at home first to make sure you don't have an allergic reaction to it up there.

- 12) Each individual is considered an important part of team itself or any other individual.
- 13) Individuals demonstration of unique skills
- a) documentation
 - b) education
 - c) research
 - d) doctors

There are 5 categories for sailing participants: (The number which must be met.)

- a) Masters - all
- b) Apprentice - all except 2 & 3 (age = 25 - 40)
- c) Community Resources - 4, 8, 9, 10, 11
- d) Educators - 4, 8, 9, 10, 11
- e) Documentors - 4, 8, 9, 10, 11

- NOTE:**
- 1) Exceptions can be made to 1-3. If anyone is not considered for masters program.
 - 2) You risk the possibility of being dropped if you fail any three activities or functions, relating to notification.

RATING SCALE:

- | | | | |
|---|---|------------------------|---|
| 1 | - | Exceptional | 4 |
| 2 | - | Proven | 5 |
| 3 | - | Good risk (acceptable) | |

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If there ar

Again, I v

From the

you and y

POLYNESIAN VOYAGING SOCIETY

Pier 36, Honolulu, HI 96817

December 15, 1994

Donna M. Wendt

Dear Donna:

You have passed your physical and your basic vaccinations are all up-to-date. You are cleared to sail without restrictions.

I have started my Drug Salesman harassment campaign and am starting to stockpile meds for the medical supplies. We should get together and inventory what we have and then all the medical people should get together and decide what we really need to bring ... in the past I think I over-stocked the supplies. Also, if we are going to need supplies that we cannot get from drug salesmen, we need to decide who gets what from where and how.

Call me at 737-4488 or Nate Wong at 734-4810 if you have any questions or concerns.

Sincerely,

Ben Tamura, M.D. sc

Ben Tamura, M.D.

BT:jam

enc.



POLYNESIAN VOYAGING SOCIETY

Pier 36, Honolulu, HI 96817

January 24, 1995

Commander Tripler Army Medical Center
Brigadier General James E. Hastings
Attention: MCHK-CU
Tripler Army Medical Center
Honolulu, HI 96859-5000

Subject: LTC Donna Wendt, RN

Dear Sir:

On Behalf of the Polynesian Voyaging Society, we wish to express our sincere appreciation for your consideration in allowing LTC Donna Wendt to participate in our coming voyages. She was invited to be a crew member aboard the *Hawa'i'iloa* because of her background in health care. When *Hawa'i'iloa* sails from Tahiti to the Marquesas, LTC Wendt will be in charge of medical triage, preliminary clinical assessments and the administration of medical care for on-board emergencies; she will be under the supervision of our Physician-In-Charge Dr. Robert Overlock. Dr. Overlock will be aboard a separate vessel, the escort boat *Kamohale*.

The vision of the Polynesian Voyaging Society is *Ho'olokahi*: to bring about unity and harmony among humanity, nature and spiritual forces. Our vision is to contribute towards a safe and healthy future for Hawai'i; to learn and in the process to educate others. LTC Wendt is vital to the health and safety of our crew and therefore to fulfilling our vision. She will be the only crew member who is active duty military and the only Registered Nurse invited to sail with us.

The scope of this project extends far beyond the limits of this State. LTC Wendt by being aboard the *Hawa'i'iloa* gives our Physician-In-Charge the mobility to provide Assistance to other voyaging canoes who will be participating from throughout Polynesia.



Brigadier General James E. Hastings
January 24, 1995
Page 2

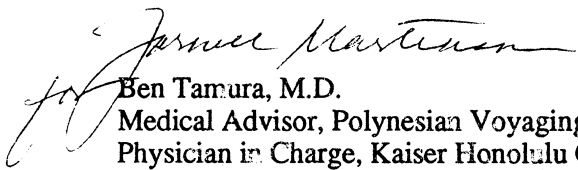
All of our crew members (with whatever unique skills they possess) are volunteers. LTC Wendt has already volunteered much of her time in preparation for this trip; her participation is an important one with a profession-specific purpose. Her participation links our endeavor toward expanding cultural awareness with your sensitivity and reputation for humanitarian assistance directed to the needs of the peoples of the Pacific Basin.

We thank you for supporting our mission of education.

Sincerely,



Nainoa Thompson
Sail Master, Polynesian Voyaging Society



Ben Tamura, M.D.
Medical Advisor, Polynesian Voyaging Society
Physician in Charge, Kaiser Honolulu Clinics

NT:jam

cc: LTC Donna Wendt

CREW TRAINING SEMINAR

Agenda

January 12 - 16 -- Pier 36

1995

Thursday, January 12

| | |
|------------------------|----------------------------------|
| 6:00 p.m. - 8:00 p.m. | General Overview and Orientation |
| 8:00 p.m. | Dinner |
| 8:00 p.m. - 10:30 p.m. | Navigator's Meeting |

Friday, January 13

Team 1

| | |
|--------------------------|-------------|
| 8:00 a.m. - 11:00 a.m. | Prep Canoes |
| 11:00 a.m. - 12 noon | Lunch |
| 12 noon - 9:00 a.m.(Sat) | Sail |

Team 2

| | |
|------------------------|--------------------------------|
| 8:00 a.m. - 11:00 a.m. | Prep Canoes |
| 11:00 a.m. - 12 noon | Lunch |
| 12 noon - 5:00 p.m. | Classroom/Support <i>E'ala</i> |
| 5:00 p.m. - 6:00 p.m. | Dinner |

E'ala - Team 1

| | |
|------------------------|----------------------------------|
| 8:00 a.m. - 11:00 a.m. | Prep Canoes |
| 11:00 a.m. - 12 noon | Lunch |
| 12 noon - 4:00 p.m. | Sail (with leadership of Team 2) |

E'ala - Team 2

| | |
|------------------------|-------------|
| 8:00 a.m. - 11:00 a.m. | Prep Canoes |
| 11:00 a.m. - 12 noon | Lunch |
| 12 noon - 4:00 p.m. | Classroom |

Navigators

| | |
|-------------------------|---------------------------------------|
| 9:00 a.m. - 10:00 a.m. | Meeting with Tom Shroeder - UH |
| 10:00 a.m. - 11:00 p.m. | Prep Canoes |
| ** | Follow above schedule for Teams 1 & 2 |

Saturday, January 14

Team 1

| | |
|------------------------|--------------------------------|
| 9:00 a.m. | Arrive San Souci/Swim to shore |
| 10:00 a.m. - 5:00 p.m. | Classroom/Support <i>E'ala</i> |

Team 2

| | |
|-----------------------------|-----------------------------------------|
| 9:00 a.m. - 9:00 a.m. (Sun) | Arrive San Souci / Swim to Canoe / Sail |
|-----------------------------|-----------------------------------------|

E'ala - Team 1

| | |
|------------------------|-----------|
| 9:00 a.m. - 11:00 a.m. | Classroom |
| 11:00 a.m. - 12 noon | Lunch |
| 12:00 noon - 4:00 p.m. | Classroom |

E'ala - Team 2

| | |
|------------------------|-----------|
| 9:00 a.m. - 11:00 a.m. | Classroom |
| 11:00 a.m. - 12 noon | Lunch |
| 12 noon - 4:00 p.m. | Sail |

Sunday, January 15

Team 1

| | |
|-----------------------|-------------------------------------------------------------------------|
| 9:00 a.m. | Arrive San Souci / Team 1 navigators & South Pacific crew swim to canoe |
| 9:00 a.m. - 5:00 p.m. | Meetings at Pier 36 |

Team 2

| | |
|------------------------|---------------------------------------------------------------------------------|
| 9:00 a.m. | Arrive San Souci/Navigators to stay on-board canoe/Remaining crew swim to shore |
| 10:00 a.m. - 5:00 p.m. | Meetings at Pier 36 |

Navigators

| | |
|------------------------------|------|
| 9:00 a.m. - 12:00 noon (Mon) | Sail |
|------------------------------|------|

E'ala

| | |
|------------------------|-------------------------------------|
| 9:00 a.m. - 12:00 noon | Arrive San Souci/Swim to Canoe/Sail |
| 12:00 noon | Pau |

1995 SAIL SCHEDULE

| | |
|-------------------------|-----------------------------------|
| February 3 - 5* | Honolulu - Hilo |
| February 7 - March 22** | Hilo - Tautira |
| March 29 - April 12*** | Tautira - Marquesas |
| April 17 - May 12**** | Marquesas - Hawai'i |
| May 13 | Hawai'i - Kualoa - Keehi Lagoon |
| June | Alaska/British Columbia - 1st leg |
| July | Alaska/British Columbia - 2nd leg |

NOTES:

- * February 6 -- Hilo Departure Ceremonies
- ** March 15-20, 1995 -- Taputapuatea, Raiatea for the Marae re-dedication
- *** May 12, 1995 -- Kualoa, Oahu (Private Ceremony)
- **** May 13, 1995 -- Keehi Lagoon, Oahu (Welcome Home Ceremony)

For airline flights to Tahiti, you can take a Hawaiian Airlines flight from Hawaii to Tahiti and once in Tahiti you will need to catch an Air Tahiti flight to Raiatea.

may be joined by a third Hawaiian canoe, *Makali'i*, etc.
The Hawaiian canoes will meet five other Polynesian
and 'A'ā *Kahiki Nui* from Tahiti; *Te Aurere* from Aotearoa
from the Cook Islands).

Mar. 18: The canoes will go to Ra'iātea for the re-dedication.

Mar. 20: The canoes will go to Faaha Bay, Taha'a, for the
Taputapuātea Marae.

Mar. 22 or 23: The canoes will go from Taha'a to Papeete.

Mar. 23 -26: The canoes will go from Papeete to Tautira
Nukuhiva.

Mar. 29-Apr. 12: The canoes will go from Tautira to Tautira.

Apr. 17-May 11: The canoes will sail from Nukuhiva
in Hawai'i. They will meet at Kalaupapa Moloka'i on the
occasion of an ahu to voyaging on the morning of May 11.

May 12: The canoes will anchor at Maunalua Bay, Oahu.

May 13: The canoes will sail to Ke'ehi Lagoon for celebration
and welcoming to Hawai'i the Polynesian Canoes.

NOTE TO TEACHERS: To plot the course of the voyage with a courseline on it. These should be provided and published in one of the daily papers. Teachers may raise issues raised by having students brainstorm on the issues relevant to the daily lives of the students. For example, how much living space on the canoe (See Part 2, question 3). How much space calculate how much living space is in their homes. How, also, do conflicts arise over space and if so, how?

Part 1. Planning. Preparation.

- 1. Purpose of Voyage:** Why another voyage to Hawaii? Is this the first for *Hawai'iloa*. What makes this voyage important? What is the sail plan?
- 2. Departure:** What does it feel like to leave an island and enter the ocean in an open canoe? What are some of your concerns? What risks are you taking? What sacrifices are you making?
- 3. Exploration:** Why did the Polynesians leave their islands for exploration important to human survival? Is the same true today? If so, in what ways? What remains to be explored?
- 4. Implementation:** How did this Explorations project meet its objectives? When did it get started? Who were the key people to make the voyage a reality?

- **Taiohae, Nukuhiva:** Where is Nukuhiva? Where will they anchor or dock? What is the significance of the place in Polynesian traditions?
- **Hawai'i:** What do you think the first Hawaiians thought of Hawai'i? Was it like their home in the Pacific? How did they feel when they landed on Hawai'i? How has Hawai'i changed since they arrived? How much worse? Where is Hawai'i headed today?

4. After Landfall on Reo

1. **Recovering Voyaging Traditions:** What Hawaiian voyaging traditions did the Polynesian voyaging traditions from this voyage? How did they use these traditions to get here? Could they have sailed back south to their homelands? How did the first settlers have left their homelands to come here?
2. **Survival on Islands:** How were settlers able to survive on the islands of Hawai'i without any cultivated plants? What knowledge did they have that made it possible for Hawaiians to survive and flourish on the islands? What did they do before Europeans sailed in the the Pacific?
3. **Future of the Islands:** How do you see Hawai'i in the future? How do you see Hawaiian people survive here? Why or why not? What can we do to help ensure a safe healthy, productive future for Hawai'i?

12. W

13. Hc

Medical supplies - 1995 Hawai'i-Society Islands-
Marquesas-Hawai'i - Kamahele, Hokule'a, Hawai'iloa,
Makali'i

HAWAI'ILOA

ANTIBIOTICS

| | | | | | |
|-----------------------|---|------|-----|-------|---------------------------------------|
| -Amoxicillin 250mg- | - | #100 | 2-1 | 2/99 | (Note, 2-1 means chest #2, ziplock 1) |
| -Augmentin 250mg- | - | #60 | 2-1 | 10/96 | |
| -Augmentin 500mg- | - | #90 | 2-1 | 10/96 | |
| -Azithromycin 250mg | - | #66 | 2-1 | 4/96 | |
| -Cephadrine 250mg- | - | #40 | 2-1 | 7/97 | |
| -Ceftiaxone 1gm- | - | #2 | 2-1 | 1/96 | |
| -Cipro 750mg- | - | #24 | 2-1 | 4/96 | |
| -Clindamycin 150mg | - | #40 | 2-1 | 1/96 | |
| -Fluconazole 100mg | - | #24 | 2-1 | 8/95 | |
| -Metronidazole 250mg- | - | #90 | 2-1 | 1/96 | |
| -Septra-DS- | - | #30 | 2-1 | 1/96 | |

-Antibiotic creams - see SKIN.

SEA-SICKNESS/NAUSEA

| | | | | |
|-------------------------------|---|------|-----|-------|
| -Ephedrine 25mg- | - | #25 | 2-2 | 1/96 |
| -Meclizine 12.5mg- | - | #40 | 2-2 | 1/96 |
| -Prochlorperazine (compazine) | | | | |
| pill 10mg- | - | #100 | 2-2 | 10/96 |
| spansule 15mg- | - | #50 | 2-2 | 11/96 |
| IM 5mg/cc (2cc vial)- | - | #5 | 2-2 | 6/95 |
| -Promethazine (phenergan) | | | | |
| pill 25mg- | - | #40 | 2-2 | 1/96 |
| -Transderm-scop- | - | #6 | 2-2 | 12/95 |

G.I. STUFF (ACID, CONSTIP, DIARRHEA, CRAMPS,)

Acid-peptic:

| | | | | |
|-----------------|---|-----|-----|------|
| -Tagamet 800mg- | - | #30 | 2-3 | 8/96 |
| -Tagamet 400mg- | - | #60 | 2-3 | 7/96 |
| -Prisolec 20mg- | - | #24 | 2-3 | 1/96 |

GI STUFF (continued).Constipation:

| | | | | |
|---------------------|---|-----|-----|------|
| -Dulcolax tabs 5mg- | - | #10 | 2-3 | 6/96 |
| -Feen-A-Mint gum- | - | #16 | 2-3 | 4/98 |

Diarrhea:

| | | | | |
|-----------------------------------|---|-----|-----|------|
| -Imodium A-D 2mg- | - | #30 | 2-3 | 5/95 |
| -Diphenoxalate/atropine (Lomotil) | - | #30 | 2-3 | 1/96 |
| -PeptoBismol tabs- | - | #30 | 2-3 | 2/96 |

Cramps:

| | | | | |
|-------------------------|--|-----|-----|------|
| -Belladonna (donnatol)- | | #25 | 2-3 | 1/96 |
|-------------------------|--|-----|-----|------|

ETC (if want to make oral rehydration solution):

| | | | | |
|------------------|---|----|-----|------|
| -Klor 20mEq/pkt- | - | #5 | 2-3 | 5/96 |
|------------------|---|----|-----|------|

PAIN, OTHER NARCOTICS, ANTI-INFLAMMATORIES, AND GOUT.Pain/narcotics:

| | | | | |
|-----------------------------|---|------|-----|------|
| -Acetaminophen (tylenol)- | | | | |
| 325mg - | - | #100 | 2-4 | 1/96 |
| -Hydrocodone/APAP (vicodin) | | | | |
| - | - | #20 | 2-4 | 1/96 |
| -Lidocaine (see Wound Care) | | | | |
| -Morphine 10mg/cc- | - | #2 | 2-4 | 8/95 |
| -Meperidine 50mg/cc | - | #2 | 2-4 | 8/95 |
| -Versed 2mg/2cc- | - | #2 | 2-4 | 6/96 |

Anti-Inflammatories:

| | | | | |
|---------------------|---|------|-----|------|
| -Asprin 325mg- | - | #100 | 2-4 | 2/95 |
| -Motrin 800mg- | - | #75 | 2-4 | 1/96 |
| -Indomethacin 25mg- | - | #60 | 2-4 | 1/96 |

Steroids:

| | | | | |
|-------------------------------|----|-----|------|------|
| -Prednisone 20mg- | - | #50 | 2-4 | 1/96 |
| -Celestone 6mg/cc (5cc vial)- | #1 | 2-4 | 9/95 | |
| -Depomedrol 80mg/cc (5cc)- | #1 | 2-4 | 2/97 | |
| -Decadron 4mg/cc (5cc)- | #1 | 2-4 | 4/97 | |
| -Kenalog 40mg/cc (5cc)- | #1 | 2-4 | 5/97 | |
| -Solumedrol 40 mg/cc (1cc)- | #5 | 2-4 | 6/97 | |

Gout:

| | | | | |
|----------------------|---|-----|-----|------|
| -Colchicine 0.6mg- | - | #60 | 2-4 | 1/96 |
| -Indocin (see above) | | | | |

ANTI-ALLERGY, URI's AND ANXIETY.**Anti-allergy:**

-Anaguard pen (Epinephrine 1:1000 - 0.3cc dose, 2doses/pen)-

- - - #1 2-5 1/96

-Epinephrine 1:1000 (1cc amp)-

- - - #2 2-5 8/96

-Claritin 10mg - - #20 2-5 9/96

-Diphenhydramine (Benadryl)-

25mg capsule - #40 2-5 1/96

50mg/cc (1cc vial)- #3 2-5 6/97

URIs:

-Sudafed 30mg- - #24 2-5 4/97

-PPA/guaiafenesen (Entex-LA)-

- - - #30 2-5 1/96

-Prometh VC/Codeine- #4oz 2-5 1/96

Anxiety:

-Buspar 10mg - - #7 2-5 12/95

CARDIOVASC, PULMONARY, UROLOGICAL.**Cardiovasc:**

-Captopril 25mg- - #30 2-6 7/95

-Nifedipine 10mg- - #10 2-6 3/95

-Nitroglycerin 0.4mg - #25 2-6 10/96

Pulmonary:

-TheoDur 300mg- - #20 2-6 3/95

-Proventil Repetabs 4mg- #20 2-6 3/95

-Proventil MDI - - #1 2-6 4/96

-Beclovent MDI- - #1 2-6 6/96

-Tilade MDI- - - #1 2-6 6/96

Urological:

-Prazosin 2mg- - #13 2-6 9/95

-Foley tray (16F catheter and attached bag)

- - - #1 1-- (Search for it near the bottom).

-Xylocaine jelly 2% 30cc- #1 2-6 6/97

EAR, NOSE, ORAL, DENTAL.**Ear:**

-60cc syringe, luer lock tip- #1 2-7 -

-Luer lock nozzel- - #1 2-7 -

-Ceruminex 6cc- - #1 2-7 8/98

EAR (continued):

-Cortisporin S Otic (Neomycin, polymyxin B sulfate, etc) 10cc
 - - - #2 2-7 9/96

Nose:

-Beconase AQ 25gm - #1 2-7 9/96
 -Neosynephrine drops 15cc- #1 2-7 2/98
 -Gentamicin Ointment 0.1%-
 -15gm - - #1 2-7 9/99
 -Merocoele - Pope posterior nasal packing
 - - - #1 2-7 6/97

Oral:

-Carmex 1/4 oz- - #1 2-7 -
 -Floss - - #1 2-7 -
 -Chapstick plain- - #1 2-7 -
 -Chapstick with SPF-15- #2 2-7 -
 -Triamcinolone dental paste 0.1% (Kenalog in orabase)
 5gm - - #3 2-7 6/97

Dental:

Call Kamahele for help ... we warned you !!!

EYES.

-Artificial tears 15cc - #2 2-8 5/96
 -Blinx sterile ophth irrigating solution-
 4oz - - #2 2-8 5/95
 -Fluorescein strips - #6 2-8 ?
 -Proparacaine 0.5% 15cc- #1 2-8 7/95
 -Naphcon-A 15cc- - #1 2-8 9/94
 -Neomycin/polymyxin B sulfate/gramcidin ophthal gtts-
 10cc - - #1 2-8 1/96
 -Gentamicin ophthal gtts 5cc- #1 2-8 4/95
 -Sulfacetamide 30% 15cc- #1 2-8 2/96
 -Sterile eye patches - #3 2-8 -

DIABETES.

-D50W 50cc - - #1 2-8 9/97
 -Glucagon kit - - #1 2-8 7/96
 (Mau has chemstrips and lancets, tolbutamide 500mg).

SKIN STUFF.**Antibacterial:**

| | | | |
|-------------------------------|-----|-----|-------|
| -Bacitracin Ointment packets- | | | |
| - - - | #40 | 2-9 | 7/95 |
| -Bactroban 2% 15gm - | #2 | 2-9 | 12/95 |
| -Cleocin-T 1% gel 30gm- | #1 | 2-9 | 11/95 |
| -Silvadene 1% 50gm - | #1 | 2-9 | 11/95 |
| -Benzoyl H2O2 10% 60gm- | #1 | 2-9 | 3/96 |

Antiviral:

| | | | |
|----------------------------|----|-----|-------|
| -Zovirax ointment 5% 15gm- | #1 | 2-9 | 11/96 |
|----------------------------|----|-----|-------|

Antifungal:

| | | | |
|--------------------------------|----|-----|-------|
| -See fluconazole above- | | | |
| -Clotrimazole 1% 15gm- | #3 | 2-9 | 6/96 |
| -Lamisil 1% 30gm- - | #3 | 2-9 | 8/96 |
| -Oxistat 1% lotion (7cc)- | #5 | 2-9 | 3/96 |
| -Nystatin/triamcinolone cream- | | | |
| 15gm - - | #4 | 2-9 | 11/96 |
| -Lotrisone 15gm- - | #1 | 2-9 | 4/96 |

Steroid:

| | | | |
|---------------------------|----|-----|-------|
| -1% hydrocortisone 20gm- | #2 | 2-9 | 11/98 |
| -0.05% Lidex-E 15gm - | #3 | 2-9 | 11/97 |
| -0.05% Diprolene AF 15gm- | #1 | 2-9 | 10/96 |

Emollients:

| | | |
|---------------------------------|-----|---|
| -Vaseline Intensive Care 3oz #1 | 2-- | - |
| -AlphaKeri 2 oz - #1 | 2-- | - |

Scabies/Lice:

| | | | |
|---------------------------|----|-----|-------|
| -Kwell 1% (Lindane) 60gm- | #1 | 1-- | 10/96 |
|---------------------------|----|-----|-------|

Mosquito repellent:

| | | | |
|-------------------------|-----|-----|---|
| -Ultrathon (DEET) 60cc- | #11 | 2-- | - |
|-------------------------|-----|-----|---|

MAN-O-WAR/JELLYFISH.

| | | | |
|-----------------------|----|-----|---|
| -White Vinegar 16oz - | #1 | 1-- | - |
|-----------------------|----|-----|---|

ANTISEPTICS/CLEANSERS.

| | | | |
|-------------------------------------|------|-----|---|
| -Alcohol pads (Isopropyl)- | #100 | 1-F | - |
| -Benzalkonium antiseptic towelettes | | | |
| - - - | #100 | 2-- | - |

ANTISEPTICS (continued).

| | | | | | |
|-------------------------------|---|------|-----|-------|--|
| -4% Chlorhexidine (Hibiclens) | | | | | |
| 4oz soap | - | #4 | 1-E | 8/95 | |
| Scrub brush | - | #4 | 1-E | 8/95 | |
| -Waterless soap (Calstat) | | | | | |
| 4oz | - | #5 | 2-- | 10/96 | |
| -Peroxide 16oz- | - | #1 | 2-- | 1/97 | |
| -Povidine Iodine- | | | | | |
| 10% solution 4oz- | | #3 | 2-- | 8/97 | |
| Swabsticks 3/pkt- | | #11 | 2-- | 1/96 | |
| Pads | - | #100 | 2-- | 9/97 | |
| Ointment 30gm- | | #3 | 2-- | 11/96 | |
| Ointment 1gm/pkt- | | #50 | 2-- | 4/96 | |

ORTHOPEDIC STUFF.

| | | | | | |
|-------------------------------------------------------------------------------------|---|-----|-----|---|--|
| -Casting stuff aboard Kamahele. | | | | | |
| -Malleable/cutable finger splint (Grey metallic strip with dark foam on other side) | | | | | |
| - | - | 18" | 1-- | - | |
| -Tongue blades- | - | #20 | 1-C | - | |
| -Tennis elbow support (L)- | | #1 | 1-G | - | |
| -Triangular bandages | - | #2 | 1-B | - | |
| -Arm sling (M) | - | #1 | 1-G | - | |
| -Knee immobilizer (L)- | | #1 | 1-- | - | |
| -Ace Bandages 3"- | - | #3 | 1-G | - | |
| 4"- | - | #4 | 1-G | - | |

IV's/SYRINGES/NEEDLES.IV stuff:

| | | | | | |
|--------------------------------------------|---|----|-----|-------|--|
| -D5NS 1L | - | #1 | 1-- | 5/95 | |
| -D51/2NS 1L | - | #1 | 1-- | 7/95 | |
| -Mannitol 20% 500cc | - | #1 | 1-- | 2/96 | |
| -Sterile water 1L- | - | #1 | 1-- | 10/97 | |
| -Sterile water (for injection) | | | | | |
| 10cc vial- | - | #4 | 1-- | 12/96 | |
| -Sterile NS (bacteriostatic for injection) | | | | | |
| 30cc vial- | - | #4 | 1-- | 12/96 | |
| -Basic IV soln set (tubing)- | | #1 | 1-F | - | |
| -IV start kit- | - | #1 | 1-F | - | |
| -Op-site dressings | | | | | |
| 6x8cm- | - | #7 | 1-F | - | |
| 10x14cm- | - | #2 | 1-F | - | |

IV STUFF (continued).

| | | | | | |
|--------------------|---|----|---|-----|---|
| <u>Angiocaths:</u> | - | - | - | 1-F | - |
| 16gx1&1/8"- | - | #2 | | | |
| 18gx2"- | - | #2 | | | |
| 20gx2"- | - | #2 | | | |
| 22gx3/4"- | - | #2 | | | |

| | | | | | |
|-----------------------|---|----|---|-----|---|
| <u>Syringes:</u> | - | - | - | 2-D | - |
| 30cc luer lock - | | #3 | | | |
| 10cc luer lock - | | #1 | | | |
| 10cc with 20gx1&1/2"- | | #4 | | | |
| 5cc with 20gx1&1/2"- | | #5 | | | |
| 3cc with 23gx1"- | | #6 | | | |
| 3cc with 26gx5/8"- | | #3 | | | |
| 1cc with 27gx1/2"- | | #5 | | | |

| | | | | | |
|-----------------|---|----|---|-----|---|
| <u>Needles:</u> | - | - | - | 2-D | - |
| 18gx1&1/2"- | - | #5 | | | |
| 20gx1&1/2"- | - | #5 | | | |
| 23gx1"- | - | #3 | | | |
| 26gx5/8"- | - | #5 | | | |

WOUNDS/MINOR TRAUMA.

| | | | | | |
|-----------------------------------|---|-------|-----|------|--|
| -Laceration tray- | - | #1 | 1-- | - | |
| -Suture removal tray - | | #1 | 1-C | - | |
| -General purpose tray- | | #1 | 1-C | - | |
| -2% lidocaine 20mg/cc (20cc vial) | | | | | |
| - | - | #2 | 2-D | 5/97 | |
| -Sterile gloves (7&1/2)- | | #4 pr | 2-- | - | |
| -Nonsterile exam gloves (L)- | | #10 | 2-- | - | |
| -Scalpels- | | | | | |
| On handle no.15- | | #3 | 1-C | - | |
| Blades only no.11- | | #4 | 1-C | - | |
| -Q-tips, sterile 2/pkt- | | #25 | 1-C | - | |
| -Packing strips (NuGauze)- | | | | | |
| plain 1/2"x5yd- | | #1 | 1-B | 7/99 | |
| iodoform 1/4"x5yd- | | #1 | 1-B | 2/99 | |

| | | | | | |
|-----------------|---|---|---|-----|---|
| <u>Sutures:</u> | - | - | - | 1-B | - |
|-----------------|---|---|---|-----|---|

| | | | | | |
|-----------------|--|----|--|--|--|
| -Absorbable- | | | | | |
| 5-0 Dexon-Plus- | | #1 | | | |
| 4-0 Dexon II - | | #2 | | | |
| 3-0 Dexon II - | | #3 | | | |

Medical supplies - 1995 Hawai'i-Society Islands-
Marquesas-Hawai'i - Kamahele, Hokule'a, Hawai'iloa,
Makali'i

KAMAHELE.

(Note: does not include Dr Overlock's personal supplies)

ANTIBIOTICS

| | | | |
|--------------------------------|---|------|-------|
| -Amoxicillin 250 mg | - | #100 | 2/99 |
| -Amoxicillin 500mg- | - | #100 | 9/97 |
| -Augmentin 250mg- | - | #90 | 10/96 |
| -Augmentin 500mg- | - | #90 | 10/96 |
| -Azithromycin 250mg | - | #72 | 4/96 |
| -Cephadrine 250mg- | - | #40 | 7/97 |
| -Ceftioxone 1gm- | - | #14 | 11/97 |
| -Cipro 500mg- | - | #48 | 2/96 |
| -Clindamycin 150mg | - | #40 | 1/96 |
| -Emycin 250mg- | - | #100 | 3/95 |
| -Fluconazole 100mg | - | #24 | 8/95 |
| -Metronidazole 250mg- | - | #120 | 1/96 |
| -Pencillin VK 250mg | - | #100 | 2/95 |
| -Septra-DS- | - | #30 | 1/96 |
| -Antibiotic creams - see SKIN. | | | |

SEA-SICKNESS/NAUSEA

| | | | |
|-------------------------------|---|------|------|
| -Ephedrine 25mg- | - | #20 | 1/96 |
| -Meclizine 12.5mg- | - | #40 | 1/96 |
| -Prochlorperazine (compazine) | | | |
| pill 5mg- | - | #100 | 7/96 |
| spansule 10mg- | - | #50 | 1/97 |
| IM 5mg/cc (2cc vial)- | - | #5 | 6/95 |
| -Promethazine (phenergan) | | | |
| pill 25mg- | - | #40 | 1/96 |

G.I. STUFF (ACID, CONSTIP, DIARRHEA, CRAMPS.)

| | | |
|--------------------|---|----|
| -NG (Levine) | - | #1 |
| -NG Irrigation set | - | #1 |

GI STUFF:(continued).**Acid-peptic:**

| | | | |
|-----------------|---|-----|------|
| -Tagamet 800mg- | - | #30 | 8/96 |
| -Prisolec 20mg- | - | #15 | 1/96 |

Constipation:

| | | | |
|--------------------|---|-----|-------|
| -Fleet's enema- | - | #1 | 10/97 |
| -Feen-A-Mint tabs- | - | #30 | 4/98 |

Diarrhea:

| | | | |
|-----------------------------------|---|-----|-------|
| -Imodium 2mg- | - | #60 | 11/94 |
| -Diphenoxalate/atropine (Lomotil) | - | #30 | 1/96 |

Cramps:

| | | | |
|-------------------------|--|-----|------|
| -Belladonna (donnatol)- | | #25 | 1/96 |
|-------------------------|--|-----|------|

ETC (if want to make oral rehydration solution):

| | | | |
|------------------|---|-----|------|
| -Klor 20mEq/pkt- | - | #10 | 5/96 |
|------------------|---|-----|------|

PAIN, OTHER NARCOTICS, ANTI-INFLAMMATORIES, AND GOUT.**Pain/narcotics:**

| | | | |
|-----------------------------|---|------|-------|
| -Acetaminophen (tylenol)- | | | |
| 325mg - | - | #100 | 8/96 |
| -Hydrocodone/APAP (vicodin) | | | |
| - | - | #30 | 1/96 |
| -Lidocaine (see Wound Care) | | | |
| -Morphine 10mg/cc- | - | #2 | 2/96 |
| -Meperidine 50mg/cc - | | #2 | 6/95 |
| -Valium 10mg/2cc- | - | #2 | ?4/95 |
| -Versed 2mg/2cc- | - | #2 | 11/95 |

Anti-Inflammatories:

| | | | |
|---------------------|---|------|------|
| -Asprin 325mg- | - | #100 | 2/95 |
| -Motrin 800mg- | - | #75 | 1/96 |
| -Indomethicin 25mg- | - | #50 | 1/96 |

Steroids:

| | | | |
|-----------------------------|---|-----|------|
| -Prednisone 20mg- | - | #50 | 1/96 |
| -Decadron 4mg/cc (5cc)- | | #1 | 4/97 |
| -Kenalog 40mg/cc (5cc)- | | #1 | 1/96 |
| -Solumedrol 40 mg/cc (1cc)- | | #10 | 6/97 |

Gout:

| | | | |
|----------------------|---|-----|------|
| -Colchicine 0.6mg- | - | #50 | 1/96 |
| -Indocin (see above) | | | |

ANTI-ALLERGY, URI's AND ANXIETY.

Anti-allergy:

| | | | |
|--------------------------------------------------------------|---|-----|-------|
| -Anaguard pen (Epinephrine 1:1000 - 0.3cc dose, 2doses/pen)- | | | |
| - | - | #1 | 11/96 |
| -Epinephrine 1:1000 (1cc amp)- | | | |
| - | - | #3 | 9/95 |
| -Claritin 10mg - | - | #20 | 9/96 |
| -Diphenhydramine (Benadryl)- | | | |
| 25mg capsule - | | #40 | 1/96 |
| 50mg/cc (1cc vial)- | | #3 | 6/97 |

URIs:

| | | | |
|-------------------------------|---|-----|------|
| -PPA/guaiafenesen (Entex-LA)- | | | |
| - | - | #30 | 1/96 |

Anxiety:

| | | | |
|-----------------|---|----|-------|
| -Buspar 10mg - | - | #7 | 12/95 |
| -Haldol 5mg/cc- | - | #1 | 3/98 |

CARDIOVASC, PULMONARY, UROLOGICAL.

Cardiovasc:

| | | | |
|------------------------|---|-----|-------|
| -Captopril 25mg- | - | #40 | 7/95 |
| -Furosemide 20mg/2cc- | | #2 | 5/97 |
| -Nifedipine 10mg- | - | #10 | 3/95 |
| -Nitroglycerin 0.4mg - | | #25 | 10/96 |
| -Nitropaste 2% 30gm- | | #1 | 6/97 |

Pulmonary:

| | | | |
|---------------------------------|---|-----|-------|
| -TheoDur 300mg- | - | #20 | 1/96 |
| -Pulmoaide Nebulizer- | | #1 | |
| -Albuterol solution 5mg/cc-20cc | | | 10/97 |
| -NS ampules 5cc- | - | #20 | |
| -Proventil Repetabs 4mg- | | #20 | 3/95 |
| -Beclovent MDI- | - | #1 | 6/96 |
| -Tilade MDI- | - | #1 | 9/95 |

Urological:

| | | | |
|---------------------------------------------|---|-----|------|
| -Prazosin 2mg- | - | #13 | 9/95 |
| -Foley tray (16F catheter and attached bag) | | | |
| - | - | #1 | |
| -Straight cath tray- | - | #1 | |
| -Catheter Leg bag | - | #1 | |

EAR, NOSE, ORAL, DENTAL.**Ear:**

| | | |
|---------------------------------------------------------------|----|------|
| -60cc syringe, luer lock tip- | #2 | - |
| -Luer lock nozzle- | #1 | - |
| -Ceruminex 6cc- | #1 | 4/98 |
| -Cortisporin S Otic (Neomycin, polymyxin B sulfate, etc) 10cc | | |
| - | #2 | 9/96 |

Nose:

| | | |
|---------------------------------------------|-----|------|
| -Beconase AQ 25gm - | #1 | 9/96 |
| -Neosynephrine drops 15cc- | #1 | 2/99 |
| -Epistaxis catheter with dual cuff | | |
| - | #1 | 2/97 |
| -Gentamicin Ointment 0.1%- | | |
| -15gm - | #1 | 9/99 |
| -Merocoele - Pope posterior nasal packing | | |
| - | #1 | 6/95 |
| -NS ampules 5cc- | #4 | |
| -Petroleum packing strip, sterile, 1/2"x72" | | |
| - | #2 | |
| -Gelfoam packet | #1 | 2/94 |
| -Silver nitrate sticks | #10 | - |

Oral:

| | | |
|-------------------------------------------------------|----|-------|
| -Triamcinolone dental paste 0.1% (Kenalog in orabase) | | |
| 5gm - | #1 | 10/98 |

Dental:

| | |
|---------------------------|----|
| -Dental mirror - | #1 |
| -Dental pick - | #1 |
| -Dental putty spatula - | #1 |
| -Tooth pliers- - | #1 |
| -Temporary filling putty- | #2 |

EYES.

| | | |
|-------------------------------------------------------|-----|------|
| -Artificial tears 15cc - | #1 | 5/96 |
| -Blinx sterile ophth irrigating solution- | | |
| 4oz - | #1 | 5/95 |
| -Fluorescein strips - | #10 | ? |
| -Proparacaine 0.5% 15cc- | #1 | 7/95 |
| -Naphcon-A 15cc- | #1 | 4/96 |
| -Neomycin/polymyxin B sulfate/gramcidin ophthal gtts- | | |
| 10cc - | #1 | 1/96 |
| -Gentamicin ophthal gtts 5cc- | #1 | 2/97 |

Antibacterial:

- Bacitracin Ointment packets-
- - - #35
- Cleocin-T 1% gel 30gm- #1
- Silvadene 1% 50gm - #1
- Benzoyl H₂O₂ 10% 60gm- #2

Antifungal:

- See fluconazole above-
- Clotrimazole 1% 15gm- #3
- Lamisil 1% 30gm- - #2
- Nystatin/triamcinolone cream-
15gm - - #2
- Lotrisone 15gm- - #1

Steroid:

- 1% hydrocortisone 15gm- #2
- 0.05% Lidex-E 15gm - #2
- 0.05% Diprolene AF 15gm- #1

Emollients:

- Vaseline Intensive Care 3oz #1

| | | |
|---------------------------|---|------|
| 4oz soap | - | #4 |
| -Waterless soap (Calstat) | | |
| 4oz | - | #3 |
| -Peroxide 16oz- | - | #2 |
| -Povidine Iodine- | | |
| 10% solution 4oz- | | #3 |
| Swabsticks 3/pkt- | | #15 |
| Pads | - | #100 |
| Ointment 30gm- | | #2 |
| Ointment 1gm/pkt- | | #40 |

ORTHOP

Casting stuff-

| | |
|----------------------------|----|
| -Short arm plaster- | #1 |
| -Long arm plaster- | #1 |
| -Plaster Bandage rolls | |
| -3" | #2 |
| -4" | #2 |
| -Felt rolls 3"- | #2 |
| -Arm stockings- | #4 |
| -Cervical collar-Soft (M)- | #1 |
| -Hard (M)- | #1 |
| (L)- | #1 |
| -Lumbar support (M) - | #1 |

- Trocar Catheters-

| | | |
|-----------------------------------------|---|----------|
| -32Fx16" | - | #1 |
| -28Fx16" | - | #1 |
| -Laceration tray- | - | #3 |
| -Suture removal tray | - | #2 |
| -General purpose tray- | | #2 |
| -2% lidocaine 20mg/cc (20cc vial) | | |
| - | - | #2 |
| -Sterile gloves (Size 7)- | | #5 pr(?) |
| -Nonsterile exam gloves (L)- | | #10 |
| -Scalpels- | | |
| On handle no.15- | | #4 |
| Scalpel handle- | | #1 |
| Blades only no.15- | | #6 |
| no.11- | | #7 |
| no.10- | | #9 |
| -Q-tips, sterile 2/pkt- | - | #25 |
| -Packing strips (NuGauze)- | | |
| plain 1/2"x5yd- | | #2 |
| iodoform 1/2"x5yd- | | #1 |
| 1/4"x5yd- | | #2 |
| -Tubular gauze with applicator splint - | | |
| 15yd- | - | #1 |
| -Tincture Benzoin Cmp 2oz- | | #1 |

-Nonadherent dressings

| | | |
|------------------|---|-----|
| Telfa 2"x3"- | - | #13 |
| 4"x4"- | - | #5 |
| 3"x8"- | - | #10 |
| Adaptic 3"x3" | - | #15 |
| 3"x16"- | | #12 |
| Vaseline 3"x18"- | | #5 |
| Xeroform 5"x9"- | | #3 |

Sponges:

| | | | |
|----------------------------------|---|---|------|
| -2"x2" (nonsterile once opened)- | | | |
| - | - | - | #200 |
| -2"x2" sterile 2/pkt- | - | | #25 |
| -4"x4" sterile 2/pkt- | - | | #25 |
| -4"x4" sterile cover sponges- | | | #10 |
| -6"x6" sterile 2/pkt- | - | | #4 |

Stretch gauze bandages

| | | | |
|------------|---|---|----|
| -6"x5yd- | - | - | #3 |
| -4.5"x4yd- | - | - | #4 |
| -4"x5yd- | - | - | #6 |
| -3"x5yd- | - | - | #9 |
| -2"x5yd- | - | - | #8 |

WOUND: (continued)

Tape:

| | | |
|--------------------|---|----|
| -3"x5yd waterproof | - | #1 |
| -2" paper- | - | #2 |
| -2" surgical | - | #1 |
| -1" paper- | - | #2 |
| -1" surgical | - | #2 |
| -1" adhesive ace- | - | #1 |

MISCE

| | | | |
|------------------------------------------|---|----|---|
| -Oral airway | - | #1 | - |
| -KY jelly 3gm/pkt- | - | #5 | - |
| -Package inserts for most/some of the me | | | |
| -Thermometer- | - | #1 | |

-Antibiotic creams - see SKIN.

SEA-SICK

- Ephedrine 25mg- - #20 (take wit
- Meclizine 12.5mg- - #30
- Prochlorperazine (compazine)
 - pill 5mg- - #100
 - spansule 10mg- #50
 - IM 5mg/cc (2cc vial)- #2
- Promethazine (phenergan)
 - pill 25mg- - #30

G.I. STUFF (ACID,

Acid-peptic:

- Tagamet 800mg- - #30
- Prisolec 20mg- - #16

Constipation:

- Feen-A-Mint gum - #16

Diarrhea:

- Imodium A-D 2mg- - #24

PAIN, OTHER NARCOTICS, ANTI-INFLAMMATORIES, AND GOUT.

Pain/narcotics:

-Acetaminophen (Tylenol)-
500mg - - #100
-Hydrocodone/APAP (vicodin)
- - - #10
-Lidocaine (see Wound Care)
-Morphine 10mg/cc- - #1
-Meperidine 50mg/cc - #1
-Ben Gay cream- - #1

Anti-Inflammatories:

-Asprin 325mg- - #100
-Motrin 800mg- - #60
-Indomethicin 25mg- - #50

Steroids:

-Prednisone 20mg- - #50

Gout:

-Colchicine 0.6mg- - #40
-Indocin (see above)

ANTI-ALLERGY, COLDS AND ANXIETY.

Anti-allergy:

-Anaguard pen (Epinephrine 1:1000 - 0.3cc dose, 2doses/pen)-
- - - #1
-Phenergan cream 25gm #1
-Diphenhydramine (Benadryl)-
25mg capsule - #20
50mg/cc (1cc vial)- #2
-Seldane 60mg- #30

Colds:

-PPA/guaiafenesen (Entex-LA)-
- - - #30
-Robitussin DM 4oz - #1

Anxiety:

-Buspar 10mg - - #6

- Chapstiks plain- - #1
- Chapstiks with SPF 15- #2
- Camphophenique 14gm- #1
- Dental Floss - - #1
- Triamcinolone dental paste 0.1% (Kenalog)
5gm - - #1

Dental:

Call Kamahele, they have all the dental stu

- Artificial tears 15cc - #1
- Blinx sterile ophth irrigating solution-
4oz - - #1
- Neomycin/polymyxin B sulfate/gramcidin o
10cc - - #1
- Gentamicin ophthal gtts 5cc-#1
- Sulfacetamide 10% 5cc- #1
- Sterile eye patches - #2

[REDACTED]

| | | |
|----------------------|---|-----|
| -Tongue blades- | - | #12 |
| -Triangular bandages | - | #2 |
| -Arm sling (L) | - | #1 |
| -Ace Bandages 3"- | - | #2 |
| 4"- | - | #4 |

SYRINGE

Syringes:

| | | |
|----------------------|---|----|
| 30cc luer lock | - | #2 |
| 10cc luer lock | - | #1 |
| 10cc with 20gx1&1/2" | - | #3 |
| 5cc with 20gx1&1/2" | - | #6 |
| 3cc with 23gx1" | - | #4 |
| 3cc with 26gx5/8" | - | #2 |
| 1cc with 27gx1/2" | - | #4 |

Needles:

| | | |
|------------|---|----|
| 18gx1&1/2" | - | #4 |
| 20gx1&1/2" | - | #4 |
| 23gx1" | - | #2 |
| 26gx5/8" | - | #4 |

| | |
|---------------------------|----|
| Sterile water 10cc/vial- | #4 |
| Sterile saline 30cc/vial- | #4 |

WOUNDS/MINOR TRAUMA.

-Laceration tray- - #1
 -Suture removal tray - #1
 -General purpose tray- #1
 -2% lidocaine 20mg/cc (20cc vial)
 - - - #1
 -Sterile gloves (Size 7&1/2)- #2 pair
 -Nonsterile exam gloves (L)- #5
 -Sterile water 1L (for irrigation)-
 - - - #1
 -Scalpels-
 On handle no.15- #2
 Blades only no.15- #4
 no.11- #3
 no.10- #2
 -Q-tips, sterile 2/pkt- - #10
 -Packing strips (NuGauze)-
 plain 1/2"x5yd- #1
 iodoform 1/2"x5yd- #1
 -Tincture Benzoin Cmp 2oz- #1

Sutures:

-Absorbable-
 5-0 Dexon II - #1
 4-0 Dexon II - #2
 3-0 Dexon II - #3
 -Nonabsorbable-
 5-0 Dermalon - #3
 4-0 Dermalon - #3
 0 Ti Cron- - #1

Steristrips:

-1/4"x4" 10/pkt- - #4
 -1/2"x4" 6/pkt- - #4

Band-aids:

-Xtra large- - - #17
 -Regular- - - #100
 -Dot- - - #50
 -Fingertip- - - #12

-Nonadherent dressings

 Telfa 2"x3"- - #13
 4"x4"- - #5
 3"x8"- - #7
 Adaptic 3"x3" - #12
 3"x16"- #6
 Vaseline 3"x18"- #4

WOUNDS (continued):

Dressings:

Xeroform 5"x9"- #2

Sponges:

-2"x2" (nonsterile once opened)-
- - - #100
-2"x2" sterile 2/pkt- - #12
-4"x4" sterile 2/pkt- - #12

Stretch gauze bandage rolls:

-4.5"x4yd- - - #3
-4"x5yd- - - #10
-3"x5yd- - - #6
-2"x5yd- - - #6

Tape:

-3"x5yd waterproof - #1
-2" paper- - #2
-1" paper- - #1
-1" surgical - #1
-1" adhesive ace- - #1

MISCELLANEOUS.

-Package inserts for most/some of the meds
-Thermometer- - #1
-Nail clipper - - #1

*****2/4/95 bt

Fleet Communication & E Manua

January 19
Captain R. Wic

Polynesian Voyaging Society

Fleet Communication & Emergency Response

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Fleet Communications and Emergency Response

Introduction to Fleet Readiness:

The highest priority on this historic 1995 voyage to Nuku Hiva is **safety**.

- The safety and health of crews, canoes, and escort vessels is paramount.
- Safety and health of crews, canoes and escort vessels will be the dominating factor in all decision making.
- The responsibilities for sea readiness, health and safety lies with the individual canoe captains as their decisions directly affect the lives of their crews.
- A thorough knowledge of EPIRB deployment, rescue procedures and fleet communications is an absolute necessity.

Emergency Readiness

The Category I 406 MHz EPIRB (Emergency Position Indicator Radio Beacon) transmits a unique identifying message at 406 MHz to Search and Rescue satellites. The code transmitted allows the National Oceanic and Atmospheric Administration (NOAA) to identify the name and type of vessel through a computerized file registration system. Intermediate and short range location is aided by simultaneous transmission on 121.5 MHz and the built-in xenon strobe. It can be deployed and activated automatically by hydrostatic release or may be deployed manually.

The 406 E.P.I.R.B., properly registered, is a vital link to quick emergency response. All sailing canoes and escorts must carry one. Detailed descriptions of procedures are included in the following pages.

- Each escort boat, in addition, should carry a single side band, high frequency radio as distances will be well out of V.H.F. range.
- Regular contacts, twice a day, at sunrise and sunset between escort vessels are important as they provide early detection of malfunctions and allow ready access to valuable data for scientific study.

- The **Ham Radio Frequencies** (see Table 3) is an excellent source for weather reports from ships all over the Pacific. You can tune in and listen to these frequencies, however you must be a licensed ham operator to transmit on them. Only on a mayday emergency can these frequencies be used by an unlicensed operator as they can provide quick response.
- Additional channels for ship to ship and ship to shore communications can be found in the **International Voice Channel Designations Chart** (see Table 4).
- The **Weather Fax Frequencies** for Honolulu, Hawai'i can be found on Table 5.
- The fleet working channels **4-Bravo, 6-Bravo, 8-Bravo** are dependent on ground wave transmissions. Ground waves hug the surface of the earth and ocean to travel approximately 100 to 200 miles out from your transmitter. Your ground wave signal is always there, day or night, and does not depend on anything other than a good, strong transmitted signal. For further information on **Band Selection** see Table 6.

Emergency Response

The fleet will be mobilized for a rescue effort **only** when we receive information from the French or U.S. Coast Guard Search and Rescue that an emergency position indicator radio beacon, EPIRB, belonging to the fleet has been turned on.

Emergency Situation

When a sailing canoe has not reported in more than 24 hours or in heavy weather, Captain Steve of *Gershon II*, Second Fleet Central, will open communications with Coast Guard Search and Rescue on **I.T.U. Channel #1205, 12242 kHz Tx 13089 Rx**, as they would be the first to receive emergency satellite transmissions.

- In the event of an EPIRB hit, Captain Steve of *Gershon II*, Second Fleet Central, will communicate the position of the distressed vessel to Captain Alex at Fleet Central. Fleet Central will direct emergency response.
- Sailing canoes left unattended will reduce speed until reunited with escort vessel.
- **In extreme emergency situations**, individual canoes and escorts can initiate direct contact with Coast Guard Search and Rescue on I.T.U. channel #1205.
- The Coast Guard Search and Rescue will contact the fleet immediately, minimizing response time.
- The captains of the individual canoes have the responsibility to train their crew members in the correct deployment of the EPIRB unit.

Medical Emergency

The captain of each vessel has the responsibility of determining what constitutes a medical emergency, and should the situation be critical initiate direct communications with Coast Guard Search and Rescue on I.T.U. Channel #1205.

- All medical emergencies must be reported to Fleet Central. It is the function of Fleet Central to coordinate all medical emergencies as they will know the location of medical personnel associated with the fleet.
- In the severest emergencies, captains may for expediency contact Coast Guard Search and Rescue directly on I.T.U. Channel #1205.
- Coast Guard Search and Rescue will coordinate evacuation should it be required.
- Fleet Central will monitor Coast Guard Radio frequencies.

Medical Personnel with the Fleet

Dr. Bob Overlock will be sailing the entire voyage on *Kamahele* and *Hawai'i Loa*.

Dr. Ben Tamura will be sailing from Hawai'i to Tahiti on the *Hokule'a*.

Dr. Nat Wong will sail from Marquesas to Hawai'i on the *Hokule'a*.

Paramedic Donna Wendt will sail from Tautira to the Marquesas.

Paramedic Mel Paoa will sail from Tautira to Hawai'i.

Paramedic Aaron Young will sail from Tautira to Hawai'i.

- An inventory of medical supplies carried on each vessel must be submitted to Dr. Overlock and Dr. Tamura before departures.

Table 3

Ham Radio Maritime Mobile Net List

| Time(UTC) | Frequency (mHz) | | Days | Areas |
|------------|-----------------|----------------------------|-------|--------------------|
| 0200/0100 | 7.290 | Hawaii PM Net | Daily | Hawaii |
| 0200>0400+ | 14.300/314 | Seafarers Net (M/M) | Daily | Pacific/W. Coast |
| 0400 | 14.318 | Arnold's Net | Daily | South Pacific |
| 0300 | 14.313 | Pacific Maritime Net | Daily | Pacific |
| 0630 | 14.180 | Pitcairn Net | Mon | South Pacific |
| 0700 | 14.265 | Pacific Island Net | - | C/Pac - W/Pac |
| 1700 | 14.340 | California-Hawaii Net | Daily | Cal/Hawaii |
| 1800 | 7.076 | South Pacific Cruising Net | Daily | South Pacific |
| 1900 | 7.285 | Hawaii Maritime Mobile Net | Daily | Hawaii |
| 1800>1900 | 14.285 | Kaffee Klatch Un-Net | MWSat | Hawaii-Tahiti |
| 1900+ | 14.239 | Bay of Isles Net | Daily | New Zea/S. Pacific |
| 2200 | 21.350 | Pitcairn Net | Tues | South Pacific |
| As needed+ | 14.325 | Hurricane Net | - | Pacific |

Notations

- An excellent source for weather reports from ships all over the Pacific. You can tune in and listen to these frequencies, however you must be a licensed ham operator to transmit on them. Only on a mayday emergency can these frequencies be used by an unlicensed operator as they can provide quick response.
- Arnolds Net on 14318 at 0400 (UTC) or 6:00 p.m. Hawaiian Time will be invaluable source of weather information as he is briefed on the fleet movement and will target weather information to our sector.

Table 1

Coast Guard Working Frequencies

The government frequency 2182 kHz and 2670 kHz are widely used by recreational boating for communicating with U.S. Coast Guard Shore Stations and Ship Stations.

| <u>Your Transmit</u> | <u>Your Receive</u> | <u>I.T.U. Channel #</u> | <u>Remarks</u> |
|----------------------|---------------------|-------------------------|----------------------------------------------------------------------------------------------|
| 2182kHz | 2182kHz | None | International distress & calling frequency to all Coast Guard & rescue agencies worldwide |
| 2670kHz | 2670kHz | None | U.S. Coast Guard working channel |
| 4134kHz | 4426kHz | 424 | 500 mile Coast Guard working channel |
| 8240kHz | 8764kHz | 816 | Medium range Coast Guard working channel |
| 12242kHz | 13089kHz | 1205 | Long range Coast Guard working channel |
| 16432kHz | 17314kHz | 1625 | Day/Evening long-range Coast Guard working channel |

Notations

- When using these channels you must first establish communications on the appropriate calling frequency, 2182kHz.
- In the event of a 406 EPIRB hit, the Coast Guard would receive the satellite transmission and try to contact the fleet on I.T.U. channel number 1205 or 12242kHz.
- U.S. Coast Guard weather broadcast on I.T.U. channel #601, 816, and 1205 will be at 0545, 1145, 1745, and 2345 UTC. This is a computer-generated voice and some practice will be needed to understand the exact coordinates for highs and lows, center of storms, ITCZ, and openings on the equator. Excellent weather source.

Table 2

Ship to Ship Channels

These channels are set aside exclusively for ship to ship communications worldwide.

| Ship Frequencies (Simplex) | | | |
|----------------------------|--------------|---------------|-----------|
| Minimum Range | Channel Code | Frequency kHz | Best Time |
| 50 miles | 2-Alpha | 2065.0 | Night |
| 50 miles | 2-Bravo | 2079.0 | Night |
| 50 miles | 2-Charlie | 2096.5 | Night |
| 50 miles | 3-Alpha | 3023 | Night |
| 150 miles | 4-Alpha | 4146 | Night |
| 150 miles | 4-Bravo | 4149 | Night |
| 150 miles | 4-Charlie | 4417 | Night |
| 170 miles | 5-Sierra | 5680 | Day/Night |
| 200 miles | 6-Alpha | 6224 | Day/Night |
| 200 miles | 6-Bravo | 6227 | Day/Night |
| 200 miles | 6-Charlie | 6230 | Day/Night |
| 200 miles | 6-Delta | 6516 | Day/Night |
| 400 miles | 8-Alpha | 8294 | Day |
| 400 miles | 8-Bravo | 8297 | Day |
| 1,000 miles | 12-Alpha | 12353 | Day |
| 1,000 miles | 12-Bravo | 12356 | Day |
| 1,000 miles | 12-Charlie | 12359 | Day |
| 5,000 miles | 16-Alpha | 16528 | Day |
| 5,000 miles | 16-Bravo | 16531 | Day |
| 5,000 miles | 16-Charlie | 16534 | Day |
| 5,000 miles | 18-Alpha | 18840 | Day |
| 5,000 miles | 18-Bravo | 18843 | Day |
| 10,000 miles | 22-Alpha | 22159 | Day |
| 10,000 miles | 22-Bravo | 22162 | Day |
| 10,000 miles | 22-Charlie | 22165 | Day |
| 10,000 miles | 22-Delta | 22168 | Day |
| 10,000 miles | 22-Echo | 22171 | Day |
| 10,000 miles | 25-Alpha | 25115 | Day |
| 10,000 miles | 25-Bravo | 25118 | Day |

Notations

Frequencies in bold are the fleet's working channels for ship to ship communications. Other channels can be used if there is too much traffic on the fleet frequency.

Example:

"*Hawai'i Loa* this is *Hokule'a*. 6-Bravo is busy. I'll meet you on 8-Bravo."

"Roger that *Hokule'a*. Going to 8-Bravo. *Hawai'i Loa* clear on 6-Bravo."

"*Hokule'a* clear on 6-Bravo."

Important: If you can't find each other on the agreed channel, always return to the original frequency and wait for traffic to finish.

11088.1 kHz

23329.2 kHz

Trans. Time (UTC) Contents of Transmission

| | |
|-----------|---------------------------|
| 0001-1201 | Satellite Imagery (IR) |
| 0017-1217 | Pacific Surface Analysis |
| 0041-1241 | Tropical Surface Analysis |
| 0601-1801 | Satellite Imagery (IR) |
| 0617-1817 | Pacific Surface Analysis |
| 0641-1841 | Tropical Surface Analysis |

Map Area

| | |
|------|--------------------------------|
| B | - 55N 130E, 55N 110W, 25S 130E |
| C | - 30N 120E, 30N 110W, 50S 120E |
| Disk | - Geostationary Satellite |

| | |
|--------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 12 mHz | Stays weak until mid-morning. As sun spot activity increases, skip increases. After noon, contacts are possible to 4,000 miles. Stations nearer than 600 miles may be heard. |
| 16 mHz | Similar to 12 mHz, except that skip increases. After noon, contacts are possible to 6,000 miles or more. |
| 22 mHz | Normally useless for contacts nearer than 600 miles. During sun spot periods, this band doesn't open. During periods of high sun spot activity, maximum ranges exceeds 8,000 miles. Contacts are possible noon until dusk. Works on north and south paths and dies shortly after dusk. |

Notations

- Clarity of transmissions depend on the quality of the ionosphere. Low sun spot frequencies to bounce back to earth.
- For sun spot activity, which affects the ionosphere, listen to the radio broadcast.
- All of the above is referring to sky wave transmissions. VLF waves use the ionosphere to bounce back your signal.
- **Important:** The fleet working channels *4-Bravo*, *6-Bravo* are ground wave transmissions. Ground waves hug the surface of the earth approximately 100 to 200 miles out from your transmitter. They are always there, day or night, and does not depend on any transmitted signal.

Hokule'a

Whiskey Bravo Ju

Makali'i

Kamahele

Whiskey Bravo Li

Gershon II

Whiskey Bravo Fo

Rizal dar

Whiskey Bravo Ju

Three Daughters

VG 8953

Te Aurere, NZ

Tahiti Nui, Tahiti

A'a Kahiki Nui, Tahiti

Takitumu, Cook Islands

Te Au-O-Tonga, Cook Islands

LEGAL CONSIDERATIONS .

IN A DECLARED EMERGENCY, USE ANY FREQUENCY.

- *** In French Polynesia, the KMI and PeaceSat frequencies can be used **ONLY** in international waters. They can **NOT** be used when at anchor or tied up to a dock.
- *** There are only two ways KCCN can legally rebroadcast: via KMI and via PeaceSat.
- *** The KMI frequencies can be used for both personal calls and business.
- *** The PeaceSat frequencies can be used for ship and expedition business.
- *** The standard marine SSB frequencies can be used **only** for ships business.
- *** The HAM frequencies can be used for personal calls by a licensed amateur radio operator. They can **not** be used for ship or expedition business.

Possible reunion
persons (leader
Grand Tamaaraa

Mon. March 20th

Call at Taha
accompanying bo
Anchorage in th
Welcome in hono
Visit of the
recalling the
Hiro - ritual o

Tues. March 21st

Departure of th
boats from Tah
island of Tahit

Thurs. March 23rd
Fri. March 24th

Technical port
Traditional we
fuel, food and
Possible chang
Maintenance and

Sat. March 25th

Departure of th
from Papeete to
Arrival at Tau
ritual of the

Sat. to Tues.
March 25th-28th

Call at Tautira
Visit of the
Marae of Taputu

Sun. May 14th

Anchoring of th
Honolulu and pre
of the Tahitian
Reception at Bi

Draft translation BJ Short

Ceremony of Reopening or Inauguration of the marae Taputapuatea
Raiatea

Definition of the major axes of this ceremony

Date:

- Friday March 17, 1995

Place:

- Opoa - Raiatea

Time-table:

- to be defined, preferably in the morning

Official part:

- presence of the authorities of the Territory and of the State
- welcome, greeting
- possibly, oration
- visit of the site
- refreshments

Traditional part:

- ritual of the Haamo'a raa marae purification of the marae with the help of sea water kept in calabashes
- placement of the bundle of auti consecrated in the sacred surrounding wall of the marae (in Tahitian dictionary, auti is the plant Cordyline fruticosa, ti plant in Manual of Flowering Plants of Hawai'i, v. 2)
- speeches
- offerings to the gods
- chants (or songs) and dances

Decorations and accessories

- fatarau
- unu
- revareva (may mean flag)
- tiki
- fruits
- pig/fish
- tapa/peue (in Tahitian dictionary, pe'ue is mat made of Pandanus; not sure if peue and pe'ue are the same)
- auti (ti)

Officiants (priests) and participants:

- high priest, Tahua Nui
- guardians, Opu Nui
- orator, Orero
- honor guards, Hui To'a
- royal court, Arii
- bearers, Teuteu
- group of songs, Himene

offering to the gods. This ritual
of the great gathering of the canoes.

Inuraa 'Ava:

A ceremony of the Inuraa 'ava
the gathering of the canoes. C
sacred drink for the gods and high
that sealed alliances and reco
peoples. And it is precise
rehabilitation of the alliance
ceremony of the Inuraa 'ava is si

'Oa'oa Raa:

At the conclusion of the cere
consecrated to celebrations will
able to express itself accordin
protocol. Oratory (public speech
follow in the original language.

At the end of the celebration
Koua will take the stand (speak
ceremonies before 3 P.M.

Draft translation by BJ Short 1/3

Hawaii, Takitumu of Raroto'a and T Nui and 'Aa of Tahiti. (Note: th don't match the list of 8 given o 1995). They will enter by Te Ava mo'a (sacred, according to Library means sacred passage) at their dep

No 'oe i taimarahia ai
Eiaha te auahi ia 'ama,
Eiaha te 'uri ia 'aoa.

3. It is the hour (time) for th also the opportune moment to renew Polynesians. All have used the ca would become their new 'ai'a Library's Tahitian dictionary).

4. At the time of the unificatio house, metua means parents i individuality will obliterate its of the whole family; each can Taputapuata will be the messenge

5. If symbolically Raiatea is the each one, Tahaa is the mother, recognize Tahaa, is to recognize t received the teaching, close besid his grandfather.

6. The canoe contains the esse safeguard for the tere (tere mean voyager, according to Library's T

21st century.

7. The name of this tere (vo
(message), message destined for th
The message will define the work t
Maui of the future.

Departure

Draft translation by BJ Short 2/1/

Hokule'a.

Feb 3

Else and Hella arrived to assist in last minute shopping and
aboard until final departure, at which time he will transfer

Feb 4

Crew occupies self with ship's maintenance.

Feb 5

Escorts take on part of food and water supplies from canoe

Feb 6

Ceremony Day, NaniLoa hotel, everyone takes part wearing
dingy and dinghies from Rizaldar and Symphony with Kama
NaniLoa Dock. At about 0830, Hokule'a is towed and anchored
arrived at the Naniloa at about 1045 to take part in ceremony.
blessing ceremonies were beautiful and well received. There was
interruption to the ceremony. Towards the latter part of the
build. In about 20 minutes, winds escalated from 10 mph to
north and NE. Nainoa and crew boarded the canoes and jibs
and anchors. Kama Hele's Captain Jakubenko rushed to
towed by Kama Hele back to Radio Bay, and was safely anchored
Hawai'iloa in tow and had her anchored by 1800 hours. All
task safely executed. At about 2100 wind abated to about 10 mph
the night.

Feb 7

At about 0730 winds abated to 1-15 mph, sunny with clouds
20 mph, then dropped. Took on Fuel in the morning. Took on
crew (canoes, escort vessels, etc.) were invited to the Hilo
students prepared a superb luau for all. Many thanks to the
supplies from Hawai'iloa to Kama Hele to lighten the canoe
took the dingy to the Naniloa site to retrieve an anchor lost in
storm. Gene dove, retrieved the anchor. Took on potatoes

Feb 14

0600 18 49'N 152 25'W No change in
call from Hawai'iloa to retrieve plastic
about 1635 hours. Added oil to engine

Feb 15

0600 18 36'N 150 55'W Watched two
tank. At 0445 it was noted that SV R
Hawai'iloa. Efforts to contact the ves
the area. Day overcast with light wind
high seas radio, Hokule'a is 30-40 miles
called to request a tow as per agreement
tow at 2300 hours.

Feb 16

0600 17 34'N 151 34'W At about 0700
enough to sail, and wind direction was
returned to this time. Transferred 22

Feb 17

0600 15 40'N 151 05'W Overcast day

Feb 18

men traditional canoes.

March 28

In Papeete port enjoy many French coffees in air conditioning and dine at Lou Pescados and Acajous restaurants. Also for

March 29

0700 bus to the Gauguin Museum and gardens. The air-conditioned bus tells of Gauguin's life, his inspiration in Pacific art and Polynesian art. Stevenson's life and work was on display in the visiting section. The gardens, and relaxing beside the ocean made this an very

March 30

Planning meeting for the canoes and escort vessels. Alex, the Vaima shopping center, Sibani Perles Tahiti, Graham now has a symbol of Tahiti to take back home.

March 31

Join the Makali'i support group of 72 and travel in an air conditioned bus to the mayors house including amply supply of Hinano Beer. Many groups present. Circumnavigated Tahiti by going around the island. The bus stopped at a natural springs beside the highway. For a swim in the natural pool.

April 1

Te'Au O Tonga, Makali'i, 3 Daughters, GoodeWind and L'Esperanza in Papeete.

April 2

0600 Papeete Market for produce and stores for voyage.

April 3

Left Rag Doll's dock at about 0630 hrs. Took on 3000 liters of fuel. 3 Daughters response to a call for assistance from the Tahiti Maritime Authority declares 'Aa Kahiki Nui unfit for sea.

April 4

Squally weather. Makali'i arrives with GoodeWind. The boat is at his hillside home.

0830 02 59'N 142 23'W hove to
of 47 gals of fuel {30417}. Passe
hrs. April 26

0830 04 59'N 142 12'W Doldrum
night. Transferred 10 gals from a
[Date of replenishment of water a
food, and brought Terry and Gary
continues to decide which canoe

April 27

0830 06 14'N 142 04'W still no w
0900 hr. Enough wind for canoe
release a big Marlin. Rizaldar sai

April 28

0830 08 05'n 142 59'W NE 12-15
tank. Nice sailing out of the doldr

April 29

0830 09 52'N 144 20'W NE 12-15
Transferred 20 more this eve. Tr

April 30

this is the 4th letter we have drafted up so far. But
be arriving into Kualoa tomorrow.

Enclosed are tentative schedules of canoe welcome

Private ceremonies for crew and their families at
Kualoa Park from 12 pm - 3:30 pm. Dinner
'ohana there. The canoes will stay over night at
Bay the next day, May 12. There, dinner for
boat members only. At 5 am on Saturday
Bay for the big Welcome Home public ceremony.
ceremonies will run from 7:45 am - 4 pm.
take their respective canoes around to Pier 1 for
repairs/reprovisioning.

Our two canoes however, *Hawai'iloa* and *Hōkūle'a*,
night of the 13th to be ready to be shipped on the
May 14. There is one other event scheduled for
5:30 pm - 8:30 pm, crew, their immediate families
Lū'au at the Bishop Museum. You will get to see
Museum's exhibit on voyaging.

It will be crowded at these events, so please plan
so you don't miss out on anything. Thanks for
for the notifying all of you at this late a date. Please
531-7240 if you have any questions or concerns.

Ocean)

Hakipu'u, the home of the famous navigator
Samoa to bring back seeds and breadfruit. He
I in 1795 lowered the sail of his canoe in Honolulu.

Canoe participants: Aotearoa (1), Cook
Hawai'iloa, Makali'i. Mo'olelo, 'Eala, Hawai'i.

Canoes to arrive beginning @ 9:00
Individual canoes will be guided to a safe
distance from the beach. They will then
anchoring.

Canoe crew members, as directed by the
to shore by doublehull canoes.

Escort boat crew members will be transferred

11:45 a.m. Guests assembled

Beach area

noon Sound Pu and pahu 4 times

Oli Ho'okomo

12:05 p.m. Sound pu 2X to signal boats

Kahea:

One voyager to send greetings, identify
purpose and request to land.

Pane: (welcome response, crew is still

Crew disembarks and transported to shore

Oli Aloha (crew is on shore)

In the meantime, the boats return to the
canoe.

proceed to anchor in Keehi Lagoon.
The canoes will be towed in to their
150 feet off-shore. The stern anchor
craft to shore for crew members on shore
first to a safe depth for tie off. 8 bow stern
Canoe crew members will be transported
canoes.
Escort boats will tie off as directed
be transported to shore by power boats.

Departure of vessels:

After the ceremonies Hokule'a
tow first for Pier 35 with main
the Sand Island bridge.

Other canoes and escort boats
directed by coordinator.

Dinner will be served at Pier 35 to
Showers available.

Crew members of the Makalii, Mo'orea
au-Tonga are invited to stay and eat
meals each day; No drinking) in order
for return home. The area is available
Crew members of Hokule'a and Ha'apai
the loading at 7:00 a.m., 5/14, on the

WELCOME HOME

NA 'OHANA HOLO MOANA
"Voyaging Families of the Vast Ocean"

SATURDAY, MAY 13, 1995

Kani ka Pu Societal Procession &

Kani na Pu, Kani na Pahu, Kalepalepa
(Signal of the conchs, drums and waving of the
banner of each voyaging canoe to begin landing)

Kahea Crew
(Greetings, identification, and permission to
land requested by each canoe)

Oli Aloha Kalani Akana
(Welcome)

Welina
(Greetings with lei and oli) KidSail Classes
 Kaiapuni Classes
 Immersion Classes

Pae na wa`a holo moana
(Order of arrival for the voyaging canoes)

Introduce the *HOKULE'A* Pinky Thompson
(To introduce Dr. Ben Finney)

Te 'Aurere (Aotearoa) Hector Busby

Te 'Au O Tonga (Rarotonga)

Takitumu (Rarotonga)

Makali'i (Hawai'i)

Eala (Hawai'i) Dr. Herman Aizawa

Mo`olele (Hawai'i)

Hawai'i Canoe Sailing Association
(Hawai'i)

Hawai'i Iloa (Hawai'i) Clayton Hee

Oli Kalani Akana
(Closing prayer)

Na Ha`i`olelo
(Speeches)

Hula Kahiko

Pule Ho`oku`u

AFTERNOON

12:00 pm - 4:00 pm

Ho`olaule`a

Entertainment on two stages.
Educational programs in tents
Food Booths

Pohaku Ceremony
Thursday, May 11, 1995
Noon - 3:30 p.m.

Hosts: Hakipu'u 'Ohana

Beach Area

Kani ka Pu

(Signal of the conch to begin and
lifting of the kapu at the beach
area)

Kani ka Pu, Pal Ke Kahili Ki

(Signal of the conch and raising of
the ti-leaf standard for each
voyaging family to come and share)

Oli Komo

Kahikukala Hoe

(Entry Chant)

Kahea

Crew

(Greetings, identification and permission
to land requested by each canoe)

Pane

Kelikokauaikekal Hoe

(Welcome response)

Oli Aloha

Kelikokauaikekal Hoe

(Welcome chant)

Pae na 'Ohana Holo Moana

(Order of arrival for the Voyaging families)

Mo'olele (Hawai'i)

Eala (Hawai'i)

Hawaiian Sailing Canoe Association
(Hawai'i)

Te 'Aurere (Aotearoa)

Takitumu (Rarotonga)

Te 'Au o Tonga (Rarotonga)

Makali'i (Hawai'i)

Hawai'iloa (Hawai'i)

Hokule'a (Hawai'i)

Ahu Area

Pu'e Wehe

(Opening Prayer)

Kealoha L. Kealoha

Kahu John L. A. Kalili

Ha'i'olelo

(Welcome speech)

Calvin Ioane Hoe

Ha'i'olelo

(Speech)

Mr. Myron Thompson
Chair, PVS Board of Directors

Ahu

(Ceremonial placement of Pohaku)

Kahikukala Hoe

Kelikokauaikekal Hoe

Ho'ola'a

(Dedication)

Kahu John L. A. Kalili

Oli

(Chant)

Hakipu'u 'Ohana

Pule Ho'oku'u

(Closing prayer)

Herbert Kealoha Hoe

Kani ka Pu

(Signal of the conch for the closure of ceremony)