

# Keeping a Log

A guide to filling in your own log

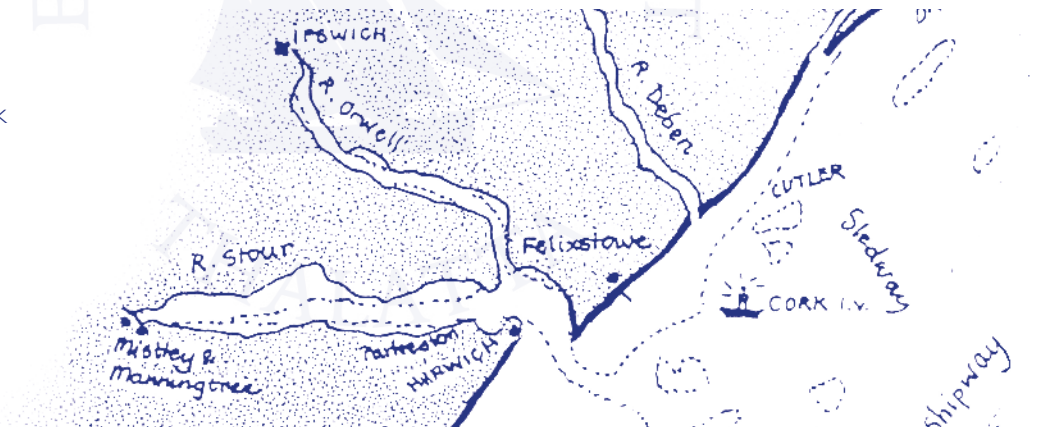


While on board it's good to keep a personal log of your trip, and to make a note of things like the weather, the route sailed and the duties carried out. If you like, more detailed information can be observed and recorded such as the state of the tide, buoys and landmarks passed, distance travelled etc.

An example of a log book entry:

Date	Time and Place of Departure	Route	Time and Place of Arrival	Weather, wind direction and strength	Duties above and below deck	Activities and what we enjoyed
Mon 19th	Ipswich Marina 13.40	Through the lock at Ipswich, under the Orwell bridge, up the Orwell	Shotley 16:00	 Force 2, SW	Raised the anchor Helmed the boat Hauled the sails Made Lunch Cleaned the decks	Dinner, Lunch, helming, doing jobs, playing games, crabbing

Using the chart of *Thalatta's* home waters, the you can also keep track of the route taken.



How do we determine things like the wind direction and strength, so that we can make an accurate record in the log?

When we record the strength of the wind, we use the Beaufort Wind Scale. The description of each force helps us to decide what the strength of the wind is, if we don't have an anemometer (an instrument used for measuring wind speeds).

The direction of the wind is where the wind is coming from. When we write it down we can abbreviate it, so that 'south west' becomes SW.

