

## Watch-Keeping for Two

<b>Time</b>	<b>A</b>	<b>B</b>	<b>Day 1</b>	<b>Day 2</b>
0000-0400	Off watch and asleep.	On watch, lookout, sailing trimming and navigation. Prepares drinks for 0345 and wakes A.	B	A
0400-0800	On watch, lookout, sailing trimming and navigation. Prepares breakfast for 0745 and wakes B.	Off watch and asleep.	A	B
0800-1200	Off watch but assists with daily checks, navigation, rests. Personal admin.	On watch. Carries out daily checks, navigation, personal admin. Prepares lunch for 1200. Wakes A at 1145.	B	A
1200-1600	On watch. Cleans up after lunch. On watch, lookout, sailing trimming, and navigation. Prepares drinks for 1745 and wakes B.	Off watch. Resting.	A	B
1600-1800	Off watch. Resting.	On watch. Prepares dinner. Wakes A at 1730.	B	A
1800-2000	On watch. Cleans up after dinner. Ship's housekeeping and maintenance checks. Makes drinks and wakes B at 1945.	Off watch but assists with ship's housekeeping and maintenance checks. Rests.	A	B
2000-2400	Off watch and asleep.	On watch, lookout, sailing trimming and navigation. Prepares drinks for 2345 and wakes A.	B	A