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Sommario/riassunto	Based on the author's Sailing an Atlantic Circuit , this practical, how-to guide to the planning, preparation and execution of a passage is both a helpful and an inspirational book for all sailors considering an offshore or ocean passage. A vastly experienced Atlantic ocean sailor, Alastair Buchan looks in detail at three specific passages (a crossing of the Atlantic Ocean, a passage from the Eastern Seaboard of the USA to the Caribbean, and cruising around the Caribbean itself). The advice, ranging from choosing/refitting a boat, insurance, safety, training crew and route planning to watch ke