



Stockholm, 2020-07-31

Dear raid sailor

Less than 3 weeks remains to the 20th raid in the Stockholm Archipelago. It is time to pack the gear and make the final preparations, both for the sailors and the event organisation. As always it will be an adventure with lots of fun sailing, good comradery, nature experience and stunning beauty. But this year some things have to be done differently due to the pandemic.

Please read this mail to the end.

Participants and race organisation

It has been and still is a challenge to organize the event this year, not knowing how many teams will come in the end. Out of 35 teams who has signed up 18 teams have paid and are ready to go. They are from Sweden, Germany, The Netherlands and Belgium. The level of competition is very high with several top teams and winners from in previous years, but also several teams doing the raid for the first time. A few more teams are stand by, ready to go if their countries open up for travels to Sweden.

Confirmed teams (subject to national travel restrictions)

	Nat	Name	Last name	Name	Last name
1	SWE	Jakob	Palmblad	Oscar	Wetterling
2	SWE	Fredrik	Karlsson	Niklas	Nordblom
3	SWE	Casper	Seifert	Henrik	Almstedt
4	SWE	Anders	Dahlsjö	Henrik	Persson
5	SWE	Peter	Busck	Magnus	Du Rietz
6	GER	Christian	Schütz	Maximilian	Höpfner
7	SWE	Anders	Tengbom	Stefan	Engstrand
8	GER	Martin	Kreplin	Daniel	Eggert
9	SWE	Gustaf	Dyrssen	Jimmy	Hellberg
10	SWE	Johan	Bengtsson	Ola	Degerfors
11	NED	Ad	Noordzij	Maarten	Noordzij
12	BEL	Patrick	Demesmaeker	Vincent	Thery
13	SWE	Johan	Åhling	Thomas	Blomborn
14	SWE	Nils	Resvik	Johan	Lindeberg
15	SWE	Gustav	Tempelman	Fredrik	Ekman
16	SWE	Kalle	Kjerstadius	Johan	Tempelman
17	GER	Ecki	Kaphengst	Max	Said
18	SWE	Tomas	Ekefalk	Johan	Fischer

Erik and I will not sail for the first time in many years and will instead focus entirely on the organisation of the event on water and on land, shooting and making a film, managing social



STOCKHOLM ARCHIPELAGO RAID



Vikingarnas Segel Sällskap

media etc to make the most out of a slim organisation to keep costs in line with a smaller budget than usual.

We have the same fantastic Race Committee and team as last year with Race Officer Håkan Andersson, Safety Officer Lasse Carlsson and Judge Bertil Grandinsson, Photographer Malcolm Hanes, Niklas Lundberg and a few more (TBC). They will be using 4 motor boats; 1 Race Committee, 1 Safety, 1 Photography and 1 Film/Media. All of these boats can assist F18s in case of emergency.

Course and Base Camps

The start and goal will be in Saltsjöbaden and the base camps will be on the beautiful Islands of Rånö in the south (one night) and the Lökholmen in the middle (two nights). This gives options to round some of the spectacular islands Landsort or Huvudskär on day 2 before going North to Sandhamn. And then to reach as far North as Rödlöga on day 3 passing all magic islands of the outer archipelago on the way. The aim will be to start early (before 6 AM) at least one day to be able to reach remote places far from the base camps. [Possible course 2020 \(for illustration\).](#)

The Check Point List will essentially [be the same as 2019](#), but some new CPs might be added. A final list and GPX-file will be published a few days before the start. Sea charts will not be provided (bring your own if you want one), but the the Race Committee boats will have sea charts with all CPs marked that will be displayed on a board when the course of the day has been announced.

Accomodation and food

At Rånö the first night a nice, simple BBQ will be served outdoors in a tent by the local restaurant, bring warm clothes the evenings can get nippy. Breakfast is also served in the tent. 2 teams will be lodged in cabins with 4 beds in each. If you have a preference about the other team, let me know. Teams who would like to avoid sleeping in the same room as another team can bring a tent and two sleeping mats (extra luggage). At Rånö it might also be possible to get your own cabin at an extra cost to be paid on site (credit card).

At Lökholmen the dinner on Friday will be a nice home made meal, possibly a casserole or stew prepared in advance. On Saturday evening we will enjoy a 3 course meal with a choice of meat or fish from one of the most renowned restaurants in Stockholm.

In case of early start there will not be a breakfast at Lökholmen, instead each team will get a breakfast package to bring to the first stop of the day. On Sunday there will be breakfast at Lökholmen before we leave.

At Lökholmen the same 2 teams will share a room with 8 beds. There is no catering or cleaning at Lökholmen, so we all have to take turns to get the breakfast and dinner on the table, light the grill, tidy the kitchen and clean the cabins where we sleep etc. Since we are many teams it will be quick and easy if everyone gives a hand.

Non alcoholic drinks are included. Beer and wine is not included, but will be available at purchase cost to be paid for after the race.

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What to bring (and not bring)

We need to keep luggage to a minimum. A new rule this year is that each sailor is allowed to bring one bag of **maximum 10 kg** (typically 30 L) on the assisting boats. A suggested packing list can be found in the NoR. Make sure to test pack and weigh your luggage the day before, bags will be weighted and heavier bags refused on the assisting boats.

The bag shall be waterproof, meaning it can be submerged under the water for at least 10 minutes without leakage. Every year some teams find to their surprise that sleeping bags, clothes and electronic equipment are soaked in water because their bags were not tight enough.

Don't bring tools and spares in your luggage! You will not be able to fit it within the weight limit. Instead we will bring one tool box with the most used equipment on one of the assisting boats. You are allowed to put your own tools in that box for everyone to use, just make sure to mark it and to bring it after the raid.

Spares can also be brought on the assisting boats, see the rules regarding spares in the NoR. In order for all teams to know what spares will be brought you need to list the items you want to bring in advance. Please [complete the spare part list](#) asap and no later than Tuesday 18th end of day.

Onboard equipment

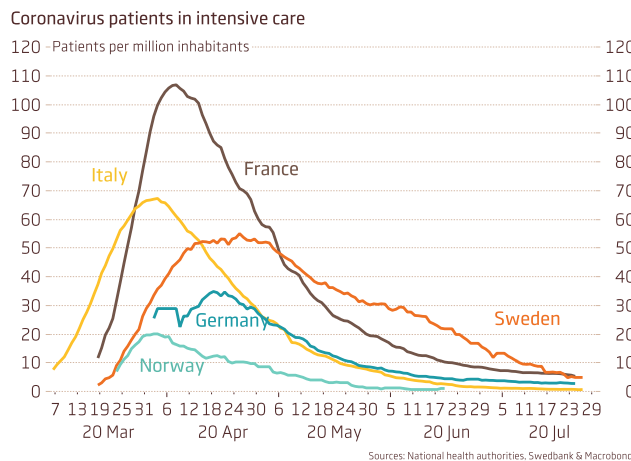
Mandatory and recommended equipment is listed in the NoR, read carefully and be ready to show it during safety inspection. Some useful tips though:

- Bring food for lunch breaks for all 4 days (not catered for) + energy bars or similar to be able to eat while sailing. A Thermos flask to bring hot coffee from breakfast is nice.
- Put your VHF in a cover and have it on the boom. Turn up the volume to max to hear if someone calls for assistance (or the starting sequence).
- Make sure your mobile phone cover is water tight, test it before the race.
- Make sure that the mobile battery lasts the whole race. If you use the phone for navigation, consider to have an old spare phone safety. On several occasions teams in distress have not been able to contact the Safety Officer because both mobile phones and the VHF were either out of battery or water damaged.
- Bring camel backs with some sport drink and take small sips all the time. It is not uncommon that people get de-hydrated and run out of energy on a long day on the water.
- Make sure you have tested your GPS device and know it works in wet conditions with wet fingers and over extended period of times. Bring an old GPS as a spare in case it breaks.
- If you have GoPros or similar, please bring them and rig them and let me know you are filming. It is worth a lot to capture some onboard action when I will make the film.
- No tracking devices will be put onboard, but teams are encouraged to download and use RaceQS. The more teams that use it, the better the result will be. It is suggested to use RaceQS in off-line mode to save battery and, if possible, on a spare phone.
- A dry suit is recommended for long days at sea, but a thick long wet suit can also work.



Covid-19 situation and mitigations

While the virus is spreading quite uncontrolled in the US, Brazil and other places around the world the EU has managed to contain the pandemic quite well. Cases in the EU have picked up slightly, driven by a continued upward trend in Spain where Catalonia is the most affected region. A resurgence in new cases has also sparked concern in Austria, the Netherlands, and France among other.



In Sweden cases has continued to decrease steadily since the peak in mid-April when we had over 100 deaths and 1250 new cases per day. Now there are less than 250 new cases daily despite massive testing and only a 2-5 new patients go to intensive care per day in Sweden. Many countries started lifting their travel restrictions to Sweden, like Germany, and today Denmark announced they will lift the restrictions starting Saturday. Belgium however did the opposite and put Sweden on a red list.

The situation changes day by day, and the pandemic can pick up speed again, which is why we will take measures to prevent the spreading of the virus.

More information here if you are not from Sweden:

<https://www.krisinformation.se/en/hazards-and-risks/disasters-and-incidents/2020/official-information-on-the-new-coronavirus/visiting-sweden-during-the-covid-19-pandemic>

Covid -19 counter measures

By the race organisation

- Maximum 50 persons are allowed, Race Committee and Media excluded.
- Briefings / gatherings will be limited and courses published online etc.
- Dinner and breakfast served in tents at Rånö and the large boat house Slipen at Lökholmen.
- Max 2 teams share a room (the same teams all days)

By the participants

- If you get ill or show symptoms of Covid-19 you should withdraw from the race.
- Limit your contacts with people outside your family prior to the race.
- Make a travel plan for how to get to the race and back home safely.
- Spread out and keep some distance to other people during dinner / breakfast
- Avoid using showers or go at different times. The sea is always nearby.
- Please look at the [World Sailing Personal Location Form](#). You don't have to complete it and turn it in, but if you answer Yes to any of the 7 check questions, please contact me for consultation before the race.

/Lars Linder, President of the Swedish F18 Association