

Cruising Fundamentals by [Harry Munns, American Sailing Association](#)

About this title: "Cruising Fundamentals" provides the tools necessary to make the transition from basic sailing to competent coastal cruising. Sailors interested in learning how to sail and live aboard a 30 foot to 50 foot auxiliary-powered sailboat will find a wealth of practical skills in this book, from simple instruction on plumbing, electrical, and mechanical systems to navigation, weather prediction, and anchoring techniques. "Cruising Fundamentals" is the official American Sailing Association guide to intermediate coastal cruising and bareboat chartering. Sailing schools, yacht clubs, and other educational institutions throughout North America use this book as a text and indispensable resource in their teaching. Unlike other books on similar subjects, "Cruising Fundamentals" presents material in a chronology that has proven effective with thousands of developing sailors. Readers progress from "Getting Acquainted" to "Getting Familiar," "The Voyage," "Arrival and Living Aboard," and finally "Emergencies and Trouble Shooting." Each of the first four sections has review questions to help sailors evaluate their comprehension. "Cruising Fundamentals" is more than a book; it is a complete course that can benefit any sailor who desires to enter the exciting world of sailboat cruising.