



**RANNOCH**  
ADVENTURE

# Roxy Atlantic Ocean 2022-23 Expedition



## The Canary Islands to the Caribbean

**December 2022 - January 2023**

**Rannoch Adventure Ltd.**

Unit 8, Dammerwick Farm, Marsh Road, Burnham-on-Crouch, Essex CM0 8NB United Kingdom  
Tel +44 (0)1621 782127 - Mob +44(0)7712 531495 - [info@rannochadventure.com](mailto:info@rannochadventure.com) - [www.rannochadventure.com](http://www.rannochadventure.com)  
Company Registration No 7887751 - Company VAT No GB 129 1364 20

## What To Expect

Participating in a Roxy Expedition will test you in every possible way.

The rowing schedule for much of the time will be 12 hours of rowing per person per day, broken into two hour shifts. This is a tough schedule and is mentally and physically exhausting.

Living in close quarters with 11 other recently befriended rowers in a small vessel and unable to see land can also be emotionally challenging. This isolation is one reason why these expeditions are very unique but not necessarily suited to everyone.

Rowing across an entire ocean under your own power is a fantastic achievement and you will look back on the adventure with great pride. On the way, you will overcome many challenges, both physically, mentally and socially. But the memories and friendships made along the way will hopefully last a lifetime.

## Dates & Venues

This expedition will depart on 4 December 2022 from Tenerife (subject to weather) and is likely to arrive in Falmouth Harbour, Antigua in mid January 2023.

## Accommodation

All nights will be spent on board Roxy during the row and rowers are required to bring their own sleeping bags. In adverse weather, there is space for all 12 rowers in the cabins.

## Meals

All expedition meals and snacks are provided. Drinking water is available on the boat (via a water maker). Rowers may bring a limited amount of personal snacks if they wish, although plenty of food will be available.

## Safety & Medical

- There are 2x professional Rannoch Adventure staff on board for the duration of the row (a skipper and a co-skipper).
- All on board safety equipment is provided.
- First aid kits and non-prescription medical supplies are available on the boat.
- No smoking or drinking alcohol is allowed on or near Roxy.

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# Training and Fitness

The fitter you are, the more you will enjoy the expedition and the faster we will row across the ocean!

## General Fitness

- You should be a strong swimmer, ideally being able to swim 100 metres fully clothed. Please certify yourself.
- In advance of a row of this nature, we suggest a minimum 16 week personal training programme which mixes erg work with dynamic exercise (ideally cycling but swimming, aerobics, yoga are all good too).
- Two sessions per day would be ideal – 45 minutes in the morning, an hour in the evening.
- A combination of high intensity exercise with prolonged endurance exercise is recommended.

We suggest rowers build their own programme bearing the above in mind and subject to their current level of fitness. We strongly advise rowers use a qualified personal trainer for any more specific advice.

## Ocean Rowing Training Programme

All participants are expected to attend the full training programme, some of which could take place on weekdays. Training dates are:

- 18 – 22 July 2022 in Scotland
- 28 November – 2 December 2022 in Tenerife

During the two weeks of training, the following aspects of ocean rowing will be covered:

- Rowing technique
- Safety on board
- The shift system
- Living on board and taking care of yourself
- Overnight rowing
- A minimum of 60 hours of rowing
- First aid
- Sea survival
- Essential navigation

## Social Media

All social media posts relating to the expedition should be written in a positive manner and in the spirit of the Roxy programme. The following hashtags should be used whenever possible: #rowwithrannoch, #roxyexpeditions and @RannochAdventure should be tagged in all posts relating to the row.

## Sponsorship & Fundraising

We fully support any of our team of rowers gaining sponsorship or raising monies for charitable causes. We can offer each rower space on the boat for one sponsor / charity logo (300x300mm). These will sit along the side of the boat and we have space for a maximum of 10 logos, 5 each side. Each rower will be given a Roxy branded t-shirt and fleece but they are welcome to wear other branded clothing to support their sponsors / charities during the expedition.

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## Essential kit for open water rowing

- A full set of marine foul weather clothing
- Sports shorts, leggings
- Base layers, sports t-shirts
- Gilet, fleece
- White soled training shoes, flip flops
- Swim suit/trunks, hat, neck buff, underwear, socks
- Waterproof phone holder, headphones, ear plugs, book, rowing gloves, sunglasses
- Essential toiletries
- Sleeping bag

The minimum amount of clothing you need to take is depicted in the photo below and must be packed into a 20 litre dry bag (excluding foul weather kit and sleeping bag) and a 3 litre 'day' dry bag.

More details will be available during the training sessions.



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## Price

**Total Price: £15,000**

What's included:

- A place on Rannoch's 12 person RX80 professionally skippered ocean rowing boat
- A comprehensive on water training programme
- All mandatory RYA certified shore based courses
- Advice on media and sponsorship campaigns
- All food and cooking equipment during the expedition
- All on board safety equipment
- Limited use of the satellite phone during the expedition
- First Aid kits and general medical supplies (no personal prescriptions are included)
- A post expedition social / dinner

What's NOT included:

- Travel, accommodation and meals during training
- Travel to and from the start and finish of the expedition
- Accommodation and meals onshore before and after the expedition
- Personal effects (clothes, sleeping bags, additional snacks etc.)
- Personal insurance

### Payment schedule

Payment 1: £3,000 deposit

Payment 2: £6,000 is due no later than 8 September 2022

Payment 3: £6,000 is due no later than 20 October 2022

### Bank details

Barclays Bank, 40-41 High Street, Chelmsford, Essex CM1 1BE, UK

Rannoch Adventure Ltd

Sort Code: 20-19-95 Account No: 40129364

IBAN GB38 BARC 2019 9540 1293 64 SWIFTBIC BARCGB22

Please use the following as your payment reference: **AOR23 SURNAME.**

## Applications and Contact

To apply for a place on this row, please go to <https://www.rannochadventure.com/roxy/apply-for-a-place> and complete the application form. Places on all of our expeditions will be offered via a selection process. We need to be sure that anyone who joins us on Roxy is a team player and has the physical and mental strength that it takes to undertake this challenging row.

Once we have received your application, we will schedule a 1:1 Zoom call to meet you in person. The timing of this call will depend on which trip you have applied for. You will be told within a few days of the call whether you have been accepted onto a particular trip.

**Contact: Nicola Douglas**  
**+44 7720 931509 / [nicola@rannochadventure.com](mailto:nicola@rannochadventure.com)**

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