

Daily Routine of an Ordinary Seaman

	Middle Watch 12-4 am	Morning Watch 4-8 am	Forenoon Watch 8-12 noon	Afternoon Watch 12-4 pm	First Dogwatch 4-6 pm	Last Dogwatch 6-8 pm	First Watch 8-12 pm
<p>Seaman (Starboard watch)</p> 	Off Watch: Sleep	On Watch: Scrub and dry decks, ladders, and hatches; Stow hammock.	Breakfast 8:00-8:30 Mess cooks receive day's provisions; 8:30 All hands on deck for training.	Dinner 12:00-1:00 On watch: Trim sails; perform routine maintenance.	Supper 4:00-4:30 Attend evening quarters, practice sail or gun drill.	Attend evening quarters; practice sail or gun drill. Get hammock down. Mess cooks receive salt meat for tomorrow's dinner.	Off Watch: Sleep