JEWELS OF THE RUSSIAN ARCTIC

Franz Josef Land & Novaya Zemlya
Contents

1 Overview
2 Jewels of the Russian Arctic: Franz Josef Land and Novaya Zemlya
   2.1 16-Day Itinerary
   5 Arrival and Departure information
7 Your Ship Options
9 Included Activities
10 Dates & Rates
11 Inclusions & Exclusions
12 Your Expedition Team
13 Extend Your Trip
14 Meals on Board
15 Possible Landing Sites
18 Packing List
Overview

Follow in the footsteps of early arctic explorers on the Jewels of the Russian Arctic: Franz Josef Land and Novaya Zemlya expedition, voyaging to two of the most isolated, icy archipelagoes in the Russian High Arctic. From the mountains of Novaya Zemlya to the wildlife sanctuary of Franz Josef Land, these are rugged and essentially uninhabited landscapes that few have ever experienced. There’s no shortage of amazing adventures in these remote regions, where ice-capped peaks soar majestically out of the water and polar bears wander in their natural environment.

The Arctic has been inspiring explorers for centuries, and our expeditions offer the chance for you to discover why. We’re excited to host you on your unforgettable adventure! Feel free to reach out to our team of Polar Travel Advisers or your travel professional, who can answer your questions and provide assistance at any time.

EXPEDITION IN BRIEF

- Explore this rarely visited region of the Russian Arctic
- Encounter iconic arctic wildlife, such as polar bears, walrus and seabirds
- Explore glaciated Novaya Zemlya, where the earliest Arctic explorers overwintered
- Visit significant sites at Franz Josef Land and learn about the region’s storied history

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Jewels of the Russian Arctic: Franz Josef Land and Novaya Zemlya

16-Day Itinerary

**DAY 1 | HELSINKI, FINLAND**
Your arctic adventure begins in Helsinki, renowned for its extraordinary architecture and intriguing mix of eastern and western influences. If you arrive early, explore the many museums, galleries and restaurants, relax at a Finnish sauna or wander the vibrant Design District before retiring at your included hotel.

**DAY 2 | EMBARKATION IN MURMANSK, RUSSIA**
After breakfast, we will transfer to the airport and board our private charter flight to Murmansk, Russia. Once aboard, get acquainted with the ship and crew and settle in for your voyage north.

**DAYS 3 AND 4 | AT SEA**
As we sail through the Barents Sea, your Expedition Team will prepare you for the adventures that await. Learn about the storied history and politics of the region, its fascinating wildlife, geology, ecology and climate, and the incredible sights you will soon explore. Staff will keep a lookout for seabirds, such as kitiwakes, skuas and fulmars soaring above your ship. Whale and seal sightings may also be possible in this biologically diverse sea.

**DAYS 5 TO 7 | EXPLORING NOVAYA ZEMLYA**
The largest of the Eurasian arctic archipelagoes, the rarely visited

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2
Novaya Zemlya (“New Land”) is the third-largest wilderness area in Europe. This seemingly long, narrow island actually consists of two main islands, Severny (northern) and Yuzhny (southern), separated by the imposing Matochkin Strait.

As we explore Novaya Zemlya, expect a new adventure every day. Each expedition will be unique, depending on the weather and ice, but a few landing sites we strive to visit include Inostrantseva Bay, the Oransky Islands, Cape Zhelaniya, Cape Spory Navalok and Russkaya Gavan.

Boasting one of the most picturesque glaciers in the entire archipelago, Inostrantseva Bay provides breathtaking panoramic views of pristine arctic wilderness. If conditions allow, we may explore ashore, or Zodiac cruise along the face of the glacier, at a safe distance, possibly witnessing the wonders of calving ice. Encounters with Brünnich’s guillemots (thick-billed murres) are likely, owing to a small colony in the coastal cliffs.

To the northwest side of Severny Island are the Oransky Islands. Wildlife abounds here, with a variety of animal and plant life to be discovered, Walrus have been sighted here on many previous expeditions. Coming across a walrus haul-out is unforgettable. These giant pinnipeds of the Arctic create a raucous as each walrus vies for a choice spot of coastline. Encounters with whales and seabirds are possible, as well as polar bears, a genetically distinct subpopulation here.

A significant site in polar exploration, Novaya Zemlya also offers a number of opportunities for you to trace the footsteps of famous explorers and reflect on the region’s history.

**DAYS 8 | AT SEA**
Bid farewell to Novaya Zemlya as we cruise farther north to Franz Josef Land. There are several activities to keep you engaged while at sea. Attend presentations by your Expedition Team, relax in our polar library or simply spend some time on deck, admiring the sea.

**DAY 9 TO 12 | EXPLORING FRANZ JOSEF LAND**
This remote group of 191 islands, many covered in ice, forms the most northerly archipelago in Eurasia and lies entirely within the Arctic Circle. A nature reserve, it is part of the Russian Arctic National Park. Weather and ice conditions will shape our exploration, but we do hope to explore historical sites, remote seabird colonies and walrus haul-out at some notable destinations, such as Cape Flora, Cape Norway, Bell Island and Tikhaya Bukta. Polar bear encounters are also possible.

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On Jackson Island, Cape Norway is where Norwegian explorers Fridtjof Nansen and Hjalmar Johansen wintered from 1895 to 1896. The conditions were astonishingly difficult, but they survived until the summer and continued their journey south. The remains of their small hut are still here today, along with a memorial marking the event.

Exploring Tikhaya Bukta (Calm Bay), the site of an abandoned weather station on Hooker Island, will feel like stepping back in time. There is plenty to discover as you wander the ruins, immersed in Russian polar history, and you may even be able to send a postcard from the post office!

The Stolichky and Appolonov Islands offer plentiful walrus encounters, as the lumbering giants can be found hauled out here. If ice and weather are in our favor, we’ll explore the area by Zodiac, at a safe distance, to view these pinnipeds of the Arctic in their natural habitat.

**DAYS 13 & 14 | AT SEA**
As your arctic expedition winds down you have a couple of days to sail through this wildlife-rich sea, where whales of various species are often seen. Take in a presentation, reminisce about your incredible journey with your shipmates, relax in the lounge while swapping stories and photos or enjoy the solitude of the sea. Expedition staff will be on hand to answer any remaining questions and spot wildlife.

**DAY 15 | DISEMBARKATION MURMANSK & FLY TO HELSINKI**
Returning to Russia’s most northerly city, you’ll have time to bid farewell to your Expedition Team and crew before catching our group charter flight back to Helsinki, where you will have one more night in this exquisite city.

**DAY 16 | HELSINKI**
After breakfast, spend time exploring more of the Finnish capital or catch your homeward-bound flight.

**IMPORTANT REMINDER**
Embracing the unexpected is part of the legacy—and excitement—of expedition travel. When traveling in extremely remote regions, your Expedition Team must allow the sea, the ice and the weather to guide route and itinerary details. This itinerary is a tentative outline of what you’ll experience on this voyage; please be aware that no specific itinerary can be guaranteed. By the same token, wildlife encounters as described are expected but not guaranteed. Your Expedition Team will use their considerable experience to seek out wildlife in known habitats, but the presence of any particular species of bird or marine wildlife is not a guarantee.
Arrival & Departure Details

As you prepare for your journey, you may be interested to know the details of your arrival and departure. Since air transportation to and from your voyage is not included in the cost of your expedition, you have some flexibility in planning your flights. Looking to extend your adventure beyond your polar cruise? Learn how to add on a pre- or post-expedition stop—or both!—in your gateway city on page 21.

Arrival

ARRIVING IN HELSINKI
You may arrive in Helsinki at any time during Day 1 of the itinerary. Your included accommodation will be at the airport hotel, so arrival transfers are not necessary. On arrival at the hotel, you will receive a welcome letter outlining the departure information for the following day’s flight. An agent representing Quark Expeditions® will be available in the lobby of the hotel that evening to answer any questions about the charter flight(s) scheduled for the following morning.

MURMANSK AND EMBARKATION
Your flight to the Arctic is expected to depart from Helsinki to Murmansk on Day 2 of the itinerary. Although the scheduled flight time will be communicated in your

PLEASE NOTE
There is a strict luggage limit of 44 lbs (20 kg) checked luggage and 11 lbs (5 kg) cabin baggage on the flights between Helsinki and Murmansk. Should you have additional luggage, it can be stored at the hotel in Helsinki. There is NO option to pay for additional luggage.
welcome letter, there is significant variability based on weather conditions. You should be prepared to depart the hotel for the airport on our group transfer at any time.

**Departure**

**DEISEMBARKATION IN MURMANSK**
Your ship is scheduled to arrive back at the pier in Murmansk before 8am local time, but may arrive earlier depending on Murmansk tides. After breakfast, and once the ship has docked, you will have time to bid farewell to your Expedition Team and shipmates before completing your disembarkation. The process takes about an hour. After disembarkation, you will transfer to the airport for your return charter flight to Helsinki.

**DEPARTING FROM HELSINKI**
Upon arrival in Helsinki, there will be a group transfer to your included post-expedition hotel in downtown Helsinki. After breakfast the following morning, you may make your way to the airport to connect with your homeward flight, or stay longer if you have booked additional accommodation.

**Included Accommodations**
Your included accommodation begins on Day 1 of your itinerary, and the specific hotel(s) will be indicated on your final voyage confirmation. If you are arriving prior to Day 1 of your expedition or are staying after the disembarkation day, please contact your Polar Travel Adviser for hotel options.

**Transfers**

**HELSEINK AIRPORT TRANSFERS**
Arrival and departure transfers in Helsinki are not included in the expedition. Your first night’s included accommodation will be provided at the airport hotel, so please make your way to the lobby for check-in when you arrive. A departure transfer to the airport is not provided from the downtown hotel at the end of your stay in Helsinki.

**PLEASE NOTE**
Weather conditions can always delay our arrival, and airline schedule changes have also been known to occur. Booking flexible tickets is always encouraged, as we cannot be held responsible for delays due to unforeseen circumstances.

**IMPORTANT REMINDER**
Russian visas are required for tourists from most countries. See your country’s Russian consulate or embassy for details. A measure of flexibility is something all of us must bring to a polar expedition.
Your Ship

Quark Expeditions® is pleased to boast the largest polar-class fleet of any polar operator and the ability to offer our guests this great expedition on one of our ice strengthened vessels.

The entire Quark Expeditions® fleet is built for the challenging polar environments, so we can confidently take you to places ordinary cruise companies wouldn’t dream of going.
**OCEAN ADVENTURER — Newly Renovated!**

Our popular ship *Sea Adventurer* has been relaunched as *Ocean Adventurer* after a multimillion-dollar renovation. A team of marine architects, engineers, interior designers and polar expedition specialists worked together to enhance this nimble and intimate fleet favorite. Upgrades include a refreshed look and feel throughout, plus the complete remodeling of the lounge, dining room and bar. All cabins received new linens and bathroom updates. Six new deluxe cabins as well as three new suites have also been added. Major technical enhancements include two new Rolls-Royce engines, which yield increased speed and fuel efficiency, and a minimized carbon footprint.

**SHIP SPECIFICATIONS:**
- **Staff & Crew:** 87
- **Guests:** 128
- **Lifeboats:** 4, partially enclosed
- **Ice Class:** 1A

Visit [QuarkExpeditions.com](http://QuarkExpeditions.com) to view deck plan details.
Included Activities

Ready for a little adventure beyond your ship? Each Quark Expeditions® voyage offers a variety of fun recreational activities to enhance your polar experience.

**ZODIAC CRUISING**
Zodiacs are the workhorses of polar expeditions, safely transporting guests to remote shorelines and shallow inlets—places the ships can’t reach. Expedition staff make stepping in and out of them safe and comfortable.

**HIKING**
Led by experienced staff, exploring on foot is the best way to appreciate the polar landscapes. Our guides are able to accommodate a range of skill levels to suit every passenger.

**PRESENTATIONS**
Daily chats with on-board experts—our guides, scientists and other special guests—let guests rub shoulders with historians, ornithologists, biologists, geologists and more.

**POLAR PLUNGE**
This rite of passage, experienced just once per expedition, sees you safely jumping into icy ocean waters under the watchful eye of our staff—and just about every single camera lens on board!

**PHOTOGRAPHY**
Documenting your voyage so you can take the memories home is a rewarding experience. Our photography guides will help you learn skills to capture the beauty of the Polar Regions.

**OTHER EQUIPMENT ON BOARD**
Walking poles are provided at each landing for your convenience. As there are limited number of poles available, please bring your own if you require them on every landing.

Contact your Polar Travel Adviser or your Travel Professional for more information about your Included and Paid Activities, including the necessary experience, physical requirements and cost.
# Dates & Rates

Jewels of the Russian Arctic: Franz Josef Land and Novaya Zemlya

<table>
<thead>
<tr>
<th>OCEAN ADVENTURER</th>
<th>Dates</th>
<th>Days</th>
<th>Start / End</th>
<th>Lower Deck</th>
<th>Main Deck</th>
<th>Main Deck</th>
<th>Superior</th>
<th>Deluxe</th>
<th>Suite</th>
<th>Owner's Suite</th>
<th>Transfer Package</th>
<th>Adventure Options</th>
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<td>ARCTIC 2020</td>
<td>JUL 9 - 24, 2020</td>
<td>16</td>
<td>Helsinki</td>
<td>$9,995</td>
<td>$11,995</td>
<td>$13,495</td>
<td>$14,495</td>
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<td>$17,495</td>
<td>$18,995</td>
<td>$20,495</td>
<td>$1,995</td>
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Inclusions & Exclusions

Inclusions

**RATES INCLUDE:**
- Shipboard accommodation with daily housekeeping
- All meals, snacks, soft drinks and juices on board
- Beer and house wine during dinner
- All shore landings per the daily program
- Leadership throughout the voyage by our experienced Expedition Leader
- All Zodiac transfers and cruising per the daily program
- Formal and informal presentations by our Expedition Team and special guests as scheduled
- Photographic journal documenting the expedition
- Waterproof expedition boots on loan for shore landings
- Official Quark Expeditions® parka to keep
- Coffee, tea and cocoa available around the clock
- Complimentary reusable water bottle
- Hair dryer and bathrobe in every cabin
- Comprehensive onboard materials, including a map and an informative Arctic Reader
- All miscellaneous service taxes and port charges throughout the program
- All luggage handling aboard the ship
- Emergency evacuation insurance to a maximum benefit of US$500,000 per person
- Russian invitation letter for visa application provided after final payment
- Coffee, tea and cocoa available around the clock
- Complimentary reusable water bottle
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**Exclusions**

**RATES SPECIFICALLY DO NOT INCLUDE:**
- Mandatory Transfer Package*
- International airfare
- Arrival and departure transfers in Helsinki
- Passport and visa expenses
- Government arrival and departure taxes not mentioned above
- Meals ashore unless otherwise specified
- Baggage, cancellation, interruption and medical travel insurance—strongly recommended
- Excess-baggage fees on international flights
- Mandatory waterproof pants for Zodiac cruising, or any other gear not mentioned
- Laundry, bar, beverage and other personal charges unless specified
- Phone and Internet charges
- Voluntary gratuity at the end of the voyage for shipboard staff and crew
- Additional overnight accommodation

**MANDATORY TRANSFER PACKAGE INCLUDES:**
- One night’s pre- and post-expedition hotel accommodation in Helsinki
- Round-trip flights from Helsinki to Murmansk
- Transfers to and from the ship in Murmansk
- Transfers between the airport and hotel in Helsinki in conjunction with charter flight

**PACKAGE PRICE:** $1,995 USD

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Your Expedition Team

Our Expedition Leaders and staff bring diverse polar expertise in subjects as varied as polar history, marine biology, glaciology and photography. Their knowledge will deepen your immersion into the polar environment and further enhance your connection to the Arctic.

With over 29 years of experience bringing passengers to remote polar regions and an industry leading staff to guest ratio, we know how to handle the unexpected to guarantee the safety of all passengers. Ensuring this hard earned experience is passed on, our new expedition staff receive comprehensive training in our newly developed Quark Academy, which provides real-world polar expedition training prior to any staff member’s first voyage as well as ongoing training for experienced staff.

Your Expedition Leader

SOLAN JENSEN
Born and raised in coastal Alaska, Solan has worked as a wilderness ranger, expedition leader, kayak guide, boat builder and marine mammal emergency responder. His passion for wild places was laid forth at university, where he received a degree in philosophy, which led him directly to a guiding career in the Polar Regions. Solan has led trips throughout the Arctic, including Greenland, Canada, Alaska, Norway and Russia. An appreciator of single malts, the history of jazz music and old polar films, Solan is also a tireless student of the banjo.

*Expedition Leader subject to change, and will be confirmed in final documents.*
PRE- AND POST-EXPEDITION TRIP EXTENSIONS

You can extend your trip by booking extra days to explore other northern cities before or after the voyage. Since you’re traveling such a long way, you may want to spend extra time in Helsinki. This dynamic city known for melding old-world architecture with modern metropolitan ways, has plenty to offer culture enthusiasts and foodies alike. Stroll Helsinki’s charming streets, grab a pint at a microbrewery, or visit dazzling shops, galleries and a traditional public sauna.

To discover the best options for extending your adventure, get in touch with your Travel Professional or a Polar Travel Adviser for seamless, worry-free booking of all trip extensions.

FROM TOP: Helsinki; the Sibelius Monument; Helsinki Cathedral
If there is one constant at sea, it is that you’ll enjoy delicious meals daily. While meal times may change due to landings and wildlife encounters, you’ll always be served three meals a day. Most dietary restrictions can be accommodated by letting us know prior to your expedition.

Breakfasts and lunches are normally served buffet-style, while dinners are served plated. À la carte meals are made at the time of your order, allowing our chefs to prepare each dish to your individual needs, ensuring you receive top-quality meals during the course of your expedition.

Soft drinks, juices and water are available at all times, and beer and wine are served with dinner, all included in the cost of your package. Spirits, premium wines and champagne are available at an extra cost, which can be billed to your shipboard account. The well-stocked bar is open to enjoy with your fellow shipmates in the late morning, afternoon and evening.
Embracing the unexpected is part of the legacy—and excitement—of expedition travel. When traveling in extremely remote regions, your Expedition Team must allow the sea, the ice and the weather to guide route and itinerary details. The following landing sites are a sample of what you may experience on your expedition.

**Finland**

**HELSINKI**
This seaside city is known for its vibrant cultural and design scene, as well as its extraordinary mix of architecture styles. It was named the World Design Capital in 2012, which also happened to be its 200th anniversary as the capital of Finland.

**Russia**

**MURMANSK**
Founded in 1916, as a supply port during the First World War, Murmansk was initially named Romanov-on-Murman for the Russian royal family (“Murman” likely derives from the Sami word murman, which means “the edge of the earth”). The following year, as a result of the October Revolution, the name was changed to Murmansk. The port remains ice-free all year, making it a significant naval base and fishing and shipbuilding hub; in fact, the largest city north of the Arctic Circle is the headquarters of both the Russian Northern Fleet and the nuclear-powered icebreaker fleet.
Novaya Zemlya

CAPE SPORY NAVALOK
The earliest Arctic explorers, led by Dutch navigator and cartographer Willem Barents, wintered here, on the northeast coast of Novaya Zemlya, in 1596–97, when their ship became trapped in the ice. It was the third of Barents’ expeditions to search for the Northeast Passage, but also his last. He died a week after he and his crew left the cape in open boats in the spring. The remains of their hut were found in 1871.

CAPE ZHELANIYA
Located at the northernmost point of Severny Island, Cape Zhelaniya (which means “Cape Desire” or “Cape Wish”) was named by Willem Barents. It marks the boundary between the Barents Sea and Kara Sea, as well as the boundary between Europe and Asia. A Soviet station was based here during the Second World War, and then an experimental station during the Cold War. An automated weather station has operated here since 2005. The cape is protected as part of the Russian Arctic National Park.

INOFRANTSEVA BAY
From moss and lichen to icebergs and glaciers, this picturesque bay is often full of surprises. One of the most memorable sites in Novaya Zemlya, this area is also known to be visited by the iconic polar bear.

ORANSKY ISLANDS
Located on the northwestern side of Severny Island (Northern Island), these smaller islands are somewhat protected from the harshest conditions. They boast and abundance of wildlife, including walrus, polar bears, whales and seabirds.

RUSSKAYA GAVAN
This is the site of a former polar station. Built in 1932, it closed in 1993. The surrounding bay is home to seabird cliffs and Walrus can occasionally be found on nearby Bogaty Island. The bay is dominated by the cascading Shokalsky Glacier.

Franz Josef Land

BELL ISLAND
In 1881, the Benjamin Leigh Smith expedition built a hut here, but the crew never had the opportunity to use it, as

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their ship wrecked off the coast. The hut is well preserved and has a number of interesting inscriptions on its interior walls. Also found here is an old Russian isba (wooden hut), which may even predate the official 1873 discovery of Franz Josef Land.

CAPE FLORA, NORTHBROOK ISLAND
More than half a dozen expeditions passed through Cape Flora in the late 19th and early 20th centuries. Three expeditions, Leigh Smith, Jackson-Harmsworth (Jackson’s journal was published as A Thousand Days in the Arctic) and Ziegler-Fiala, camped here. Many buildings from the time are in ruins or have fallen into the sea, but some remain and can be explored.

CAPE NORWAY, JACKSON ISLAND
Sometimes difficult to access, weather is always a factor at this northern part of the archipelago. A variety of arctic flora is found here, making it particularly interesting for botanists. This is also the location where Fridtjof Nansen and Frederick Jackson stayed during the 1895-96 winter, and the remains of their stone hut can be visited.

CAPE TEGETTHOF, HALL ISLAND
The cape’s impressive tall cliffs are home to large numbers of seabirds, while the ruins of the Walter Wellman 1898-99 expedition are also found here. With a diverse landscape, the island is great for exploring on foot, provided that polar bears aren’t in the vicinity.

RUBINI ROCK, HOOKER ISLAND
Considered by many to be home to the most impressive bird cliffs anywhere in Franz Josef Land. The cliffs here host an abundance of seabirds, and because of deep waters, ships are able to approach the edge of the cliffs for spectacular views. Most of Hooker Island’s shores are dominated by glacier fronts.

STOLICHKY AND APPOLONOV ISLANDS
The star attractions of this pair of small islands are walrus haul-outs. Hundreds of giant pinnipeds are known to haul out on the islands as well as on ice floes in the surrounding waters. Watching large groups of these boisterous behemoths jockeying for space is an unforgettable experience. Zodiac cruising to watch walrus from a distance is a possibility here.

TIKHAYA BUKTA (CALM BAY)
From 1929 to 1963, a weather station was based at this bay on the western side of Hooker Island. A vast seabird colony can be found at Rubini Rock, a spectacular sea cliff of near-vertical basalt rock. The most abundant birds are kittiwakes and dovekies (little auks). Sections of the old station have been refurbished as an outpost for the national park rangers.
WHAT TO BRING! Packing for the polar regions doesn’t have to be daunting, and to make it easier for you, all Quark voyages include an expedition parka to keep, and a loan of appropriate polar footwear. Additional suggested items include:

FOR SHORE LANDINGS
- Base layers (wool, synthetic or a blend)
- Mid-layer warm/fleece top
- Mid-layer warm/fleece pant
- Wool and synthetic sock (3 to 4 pairs)
- Neck warmer or balaclava
- Warm hat that covers ears
- Waterproof pants
- Waterproof gloves and glove liners
- Sunscreen
- Sunglasses with UV protection
- Spare set of gloves

SUGGESTED ITEMS
- Waterproof, lightweight backpack or dry sack
- Swimsuit (for the polar plunge!)
- Binoculars
- Camera with extra batteries
- Extra memory cards
- Earplugs (in case of noisy cabinmates)
- Eye masks for sleeping
- Seasickness, indigestion, headache or other medicine
- Voltage converters and plug adapters (220V/European outlets)
- Ski goggles (for Zodiac cruising)

FOR ON BOARD
- Comfortable casual clothing (pants/jeans, shirts, sweaters)
- Lighter shirts (in case the ship gets warm)
- Comfortable non-slip close-toed unheeled shoes (NOTE: Flip flops or sandals should not be worn on board due to safety concerns)

For more packing and gear-related info, visit the Quark Expeditions® online Polar Boutique at Shop.QuarkExpeditions.com
TO BOOK YOUR NEXT ADVENTURE
Contact your Travel Professional
or a Quark Expeditions® Polar Travel Adviser

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