Welcome Aboard!

Quark Expeditions® created this book to assist you in your expedition planning. Ensuring you enjoy a safe, memorable expedition is our top priority. This book will help you to prepare for the journey ahead, providing you with money and packing tips as well as outlining exactly what life is like on board, along with many more details in between!

You can expect to meet a diverse group of independent travelers on your expedition. While polar travel attracts people of different nationalities from all around the world, one thing you’re guaranteed to have in common with your fellow shipmates is a strong interest in exploring the most remote, intriguing regions of the world.
What to Expect on an Expedition

Polar travel is more unpredictable than your common tour, so we encourage you to arrive with sense of adventure. Embracing the unexpected is part of the legacy – and excitement – of expedition travel.

Something new tends to happen on every voyage, so while we cannot guarantee that you will experience everything in our suggested itineraries, nature will likely treat you to a number of special surprises, or perhaps even some expedition ‘firsts.’

Flexibility is something that our Expedition Team, crew and passengers must all bring. Your Expedition Leader always has your safety as their highest priority and they will make adjustments to each expedition itinerary in order to create the most rewarding trip experiences.

Remember that your planned excursions and optional activities are highly dependent on weather, especially sea and ice conditions. We treat every day as a new opportunity for discovery and with many sites at our disposal, we’re sure your polar expedition will be unlike any travel experience you’ve had before.
Travel Documents

PASSPORT
You must have a valid passport to participate in our expeditions. When you embark, an Expedition Team member will collect your passport and hold it for safekeeping during your entire voyage.

Your passport must be valid for six (6) months beyond the return date of your expedition. Please be sure that you have sufficient pages available for entry and/or exit stamps. If you do not have a passport, please apply for it well in advance of your departure. Make a photocopy or scan of your passport information pages, including the page with your photograph. This photocopy or scan will facilitate replacement if your passport should be lost or stolen while traveling to or from the ship.

VISAS
Our Arctic adventure ship expeditions may visit five countries: Canada, Greenland (Denmark), Iceland, Svalbard (Norway), and Russia. Your itinerary makes clear which of the countries listed you will visit on the expedition that you have selected. Please consult your local embassy or consulate to determine if you need any visas, and whether you will need single-, double-, or multi-entry visas.

• For Canada, an Electronic Travel Authorization (eTA) is required for visa-exempt passport holders, such as from the UK or Australia. The cost is $7 CAD and the application can be completed online at www.cic.gc.ca/english/visit/eta-start.asp.
• Greenland and the Faroe Islands are not part of the European Union, and therefore not part of the Schengen Agreement. If you require a visa for entry into Denmark, then a visa for Greenland and/or the Faroes is also required.

RUSSIAN VISAS
50 Years of Victory sails through Russian and International waters on its North Pole journey. You must have a valid Russian visa to participate in this expedition. You are responsible for the cost of obtaining your visa; these fees are not included in the cost of your expedition.

The first step in obtaining your mandatory Russian visa is to complete the Quark Expeditions® pre-departure forms as soon as you confirm your expedition. These forms can be completed online and are to be completed as soon as possible, as the visa approval process can be a lengthy one.

You will also be required to supply a legible copy of the picture page of your passport so Quark Expeditions® can use it to issue your “Letter of Invitation” (also called a visa support letter) for your Russian visa. After we send you the Letter of Invitation, you must use it, along with your passport, to apply for your Russian visa.

Please note that the letter of invitation will allow for a double entry visa. If you plan to visit other parts of Russia before or after your expedition, you may need additional visas. Quark Expeditions® cannot be held responsible should you not make your expedition due to missed flights or other delays related to improper processing of a Russian visa.

Upon receipt, Quark Expeditions® will forward to you a copy of the Letter of Invitation. Please do not apply for your Russian visa until you have received your Letter of Invitation, as the letter must accompany your application. We recommend that you obtain your Russian visa directly from your Russian embassy, consulate or third-party visa service in your country.

EMERGENCY EVACUATION INSURANCE
An Emergency Evacuation Insurance policy with a maximum benefit of US$500,000 per paying guest is included in the cost of your expedition. The included policy provides coverage only while traveling with Quark Expeditions®, between the first and last day of your expedition.

If you have booked any additional days of travel prior to the expedition and/or after the expedition, they are not covered by our included Emergency Evacuation Insurance. We advise you to ensure you have purchased supplementary Emergency Evacuation Insurance for any extra days of travel.

Please note that our included Emergency Evacuation Insurance policy will cover evacuation to the “closest adequate” medical facility. You are encouraged to review full details of our included coverage by going to: www.quarkexpeditions.com/travel-insurance

MEDICAL, CANCELLATION AND BAGGAGE INSURANCE
As you will travel to remote regions of the world, likely covering a great distance to join your expedition, we strongly advise you purchase cancellation and baggage insurance. Quark Expeditions® requires proof of medical insurance covering a minimum of $50,000 USD. You may obtain a quote for this insurance by visiting: www.quarkexpeditions.com/travel-insurance
**Documents**

**EXPEDITION DOCUMENTS - OPTIONAL ACTIVITIES**
If you have booked any optional activities, such as kayaking, then you must also complete the corresponding **Optional Adventure Activity Waiver Form**, along with your mandatory forms, before your expedition begins. If you have booked multiple optional activities, please complete one form for each activity.

Be aware that booking an optional activity and completing your waiver forms does not necessarily guarantee your participation in that activity. Your Expedition Leader reserves the right to refuse participation in an optional activity if they have any safety or medical concerns at the time of your voyage.

**EXPEDITION DOCUMENTS - FINAL DOCUMENTS**
In addition to the preliminary documents mentioned above, you will receive your final documents via email about four weeks prior to your scheduled departure. Final documents are sent once Quark Expeditions® has received all of your required expedition forms and payments in full, and include a listing of all booked services and the final details about your arrival, Expedition Team and contact details.

**GUESTS UNDER 18**
You will find that most guests tend to be between the ages of 35 and 75; however we do welcome adventurers as young as 8 years of age if they are supervised by a parent or guardian and meet minimum height and weight requirements. Anyone traveling with Quark Expeditions under the age of 18 must have a signed waiver.

**CHANGES TO PROCEDURE**
Please note that changes in policy or procedures may occur between the time this booklet is published and when your expedition departs. Quark Expeditions® appreciates your understanding in these matters and your awareness that we cannot accept responsibility for individual issues that may arise due to any changes.

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**EXPEDITION DOCUMENTS**

**MANDATORY FORMS**

You are **required** to complete the following set of pre-expedition documents, which are available online. Your Polar Travel Adviser will send you a link to the forms you need.

1. **Expidition Enrolment Form**
2. **Emergency Contact Form**
3. **Expedition Medical Information Form**
4. **Parka Form**
5. **Boot Form**
6. **Arrival/Departure Form**
7. **Expedition Contract Terms and Conditions**

*one each per guest*

Note that if you do not complete these forms you will not be able to join your expedition. Medical information must be completed within 14 days of providing deposit payment on your voyage. Please advise Quark Expeditions® of any changes to your medical information between the time you submit your form and your expedition departure date. Full instructions are provided on each form, but if you have any questions please contact us. Depending on your travel arrangements, a copy of your passport may be requested.
Air & Land Arrangements

AIR ARRANGEMENTS
Air transportation to and from the starting point for Arctic voyages is not included in the cost of your expedition. Quark Expeditions® can assist you with booking air arrangements on an individual basis or feel free to contact your preferred travel agent or airline. Your Polar Travel Adviser will confirm whether mandatory charter air transportation is included or required at the starting or ending points of your expedition.

AIRPORT TAXES
Please note that airport taxes are not included in the cost of your expedition and are seldom included in the cost of your airfare. You are responsible for paying the airport taxes. Since tax amounts are subject to change, please carry sufficient local currency to pay your airport taxes, as not all taxes can be paid by credit card.

AIRLINE BAGGAGE ALLOWANCES AND RECOMMENDATIONS (INTERNATIONAL AND OTHER DOMESTIC FLIGHTS)
Airlines often enforce baggage restrictions. We recommend that you check with your airlines ahead of time to determine what your carry-on and checked bag allowance is to avoid possible check-in issues or costly excess baggage fees. The allowances vary greatly between airlines, so we advise that you check the restrictions for each of your flights.

Domestic flights often have stricter baggage restrictions than international flights, so pay extra attention to the restrictions on your domestic and charter flights and pack according to those restrictions. At check-in, we suggest that you check your baggage all the way through to your destination, if possible.

Please note that there is a strict limit on charter flight baggage allowances. You can find the amount particular to your expedition on your expedition dossier. Please note, we are unable to accept excess luggage. The limit will be enforced.

REQUEST-SHARE TRAVELERS
If you have opted to participate in the Request-Share program, you will share your hotel room. If you prefer to be in a single room for the hotel night, please contact your Polar Travel Adviser to make the necessary arrangements and pay the supplement.

CABIN TAGS
You will receive cabin tags at the pre-departure briefing the night before embarkation. Please clearly fill out and attach cabin tags to your luggage on the day of embarkation. If your voyage includes a pre-expedition hotel night, bring your luggage to the hotel lobby in the morning of embarkation with the completed luggage tags attached. Porters will collect your luggage to take to the ship and have placed in your cabin.

LUGGAGE TRANSFER
Quark Expeditions® arranges a group transfer for your luggage from the hotel to the ship on the day of embarkation. A group luggage transfer is also provided on disembarkation day if you are going directly to the airport from the ship. If a charter flight is part of your voyage, you may be required to take possession of your luggage at the airport for check in. Please contact your Polar Travel Adviser if you have any questions.

ADDITIONAL RECOMMENDATIONS
Sturdy, soft-sided luggage is recommended over hard-sided luggage, as it will be easier to stow in your cabin. If you are traveling via the United States we advise that you do not lock your luggage, or use a Travel Security Administration (TSA) approved security device.

When you check-in, verify that the ticket agent has properly tagged your baggage for the correct destination.

Always carry basic necessities and your important documents, including passport, airline tickets and prescribed medication in your carry-on bag, not in your checked luggage.
Adventure Options

You have a number of exciting Adventure Options to choose from on your expedition. These options are all subject to availability and fill up quickly, so be sure to reserve your spot early.

As with anything in the Polar Regions, our activities Adventure Options are highly weather dependent and you should be aware that some Adventure Options may not be offered on selected voyages. We encourage you to speak to your Polar Travel Adviser to check availability.

More information about your Adventure Options, including the necessary experience, physical requirements and cost, is available by contacting your Polar Travel Adviser.

SEA KAYAKING

Imagine gliding along the surface of a bay in the presence of icebergs and glaciers! Our sea kayaking adventures are the best way to feel at one with the sea.

Watch as curious wildlife swim underneath your kayak, coming to see who this strange visitor is. Your sea kayaking adventure will be led by our expert guides, who’ll have you navigate your kayak through beautiful, clear polar waters in areas out of the reach of our ship.

A small group of sea kayakers will plan to go out multiple times per voyage during landings, taking advantage of the best opportunities, as kayaking adventures are only conducted during calm weather conditions. It is imperative that you have some prior kayaking experience, including the capability to do a wet exit. Special headgear, gloves and socks are highly recommended for our kayakers.

Included equipment:
- Mix of double and single sea kayaks
- Dry suit
- Spray skirt
- Paddles
- 10L dry bag
- Neoprene pogies
- Neoprene booties
- Personal Flotation Device (PFD)

PADDLING EXCURSION

If you’re interested in kayaking and would like to try something less in-depth than the sea kayak program, you can still enjoy the benefits of adding an on-water experience to your expedition with our paddling excursion Adventure Option. Sign up for a one-off paddle on our sit-on-top kayaks, which are stable and unencumbered: perfect for newbies. We take rotating groups of passengers out on calm days to connect with the sea and solitude—and get a little exercise, to boot. No experience is necessary.

Included Equipment:
- AIRE Sea Tiger Inflatable Kayak (two person tandem)
- Dry suit
- Paddles
- 10L dry bag
- Neoprene pogies
- Neoprene booties
- Personal Flotation Device (PFD)

HOT AIR BALLOONING

50 YEARS OF VICTORY ONLY

If reaching the North Pole isn’t a big enough thrill, be one of only a few people in the world to soar above the sea ice in a hot air balloon, with a sweeping 360-degree view of all points south. Rising as high as 98 feet (30 meters), you’ll experience a bird’s-eye view of the ship and arctic ice—something you’ll remember forever. Exclusive to Quark Expeditions®, this option brings you a whole new perspective of the North Pole! *This option can only be booked during your voyage and is highly weather dependent.
Included Activities

**Hiking**
Hiking is a great way to appreciate the immense windswept landscapes of the Arctic. The tundra comes alive during the brief arctic summer, with bursts of color from shrubs and plants that eke out a living in this polar environment. You’ll find each hike is different—exploring communities, shorelines or glaciated landscapes, often on the lookout for wildlife. Hiking participation is optional and your Expedition Team will advise you of what levels of activity you can expect prior to each excursion.

**Photography**
The Arctic is one of the most abundantly photogenic destinations in the world. Musk oxen amble across grassy tundra, whales spy-hop from the crystal blue sea and sparkling icebergs tower in this serene, yet dramatic environment. Whether you own a serious SLR or a simple point-and-shoot, our on-board photography expert provides you with hands-on instruction and technical tips to ensure that you capture the best of your Arctic experience.

**Presentations**
Daily chats with on-board experts—our guides, scientists and other special guests—let passengers rub shoulders with historians, botanists, ornithologists, zoologists, 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!

**Zodiac Cruising**
Zodiaks 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.

**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.
What to Pack

Informality is a hallmark of our expeditions. For your outdoor wear, please bring wind and waterproof layers. Tight clothing is not recommended as it does not allow insulating air to be trapped. Wool, silk and some of the synthetic fibers, like fleece, retain heat. We do not recommend clothing made of cotton.

CONSIDER THE WEATHER

You will be traveling to the coastal regions of the Arctic during the northern summer, when conditions are mild, and changeable. Enjoyable sunny days can swiftly change to cold, windy storms with snow flurries and rolling seas.

Pack to dress in layers so you are prepared for these rapid weather changes. Average daily temperatures in mid-season are between 25 and 35 Fahrenheit or -4 and +2 Celsius; however wind conditions can make it seem colder. It is common that you will experience daytime temperatures below freezing.

THE QUARK EXPEDITIONS® PARKA

Our signature yellow expedition parka, yours to keep, will be provided at the start of your expedition. Specially designed by our knowledgeable Expedition Leaders, your waterproof, seam-sealed, hooded 3-in-1 parka is insulated with a detachable fleece jacket and will keep you warm during your Quark Expeditions® trip.

ESSENTIAL GEAR

BASE LAYERS
Silk, merino wool or polypropylene underwear are all great as they are non-bulky and will keep you nice and warm. Extra lightweight versions are available if you want to sacrifice a tiny bit of warmth for more packing space.

SOCKS
For maximum warmth, we suggest that you bring a number of pairs of socks to wear inside your rubber boots. Pack warm, long wool socks that can be worn over a thin pair of silk or polypropylene socks.

Quark Expeditions® staff members always say: You can never have too many socks!

PANTS
Waterproof over-pants are essential when you travel by Zodiac or participate in onshore activities. You will wear them over a pair of warm pants, to create an ideal combination of warmth and dryness. You can purchase these from our online Gear Shop.

MID LAYERS
We suggest that you pack woolen, or fleece sweaters and tops; plus several turtlenecks for layering. Mid layers can be worn both under your parka and on board the ship.

GLOVES
To keep your hands warm and dry, pack a minimum of two pairs of layered gloves. When taking photographs, you will want a pair of thin polypropylene gloves, which will otherwise be worn underneath a pair of bulky, warm outer gloves. We strongly recommend that you bring at least one extra set of gloves, in case one pair gets wet or lost.

HAT AND SCARF
Pack a warm, woolen hat or cap that covers your ears, as well as a scarf, neck gaiter or similar face protection. You will find that a peaked or brimmed hat will help protect against the sun, just be sure it has a strap to hold tight during windy conditions.

PROVIDED GEAR

BOOTS
Waterproof boots are a crucial item of expedition clothing. To save you from packing your own, Quark Expeditions® will loan you a free pair of Muck Boots to use for the duration of the expedition. These are a new option to the traditional “rubber” boot. They have neoprene uppers and a neoprene/polyurethane foot and are comfortable for walking all day.

WATER BOTTLE
Quark Expeditions® provides a flat-pack refillable water bottle for you to use during your voyage. Guests are welcome to bring their preferred water bottles as well. Please use the filling station on board your ship to stay hydrated.
SHOES
You will need a pair of shoes with nonslip soles when walking around the ship. Slip-on sandals, slippers or flip flops are neither safe nor suitable for wearing on board.

KNAPSACK OR BACKPACK
To keep your hands free when boarding Zodiaks, bring a water resistant or waterproof knapsack or backpack to keep your camera gear, extra socks and other essentials dry when you head out on shore landings.

SWIMSUIT
An optional item, however if you want to participate in the exciting ‘polar plunge’, you will want to pack a swim suit.

ONLINE GEAR SHOP
Prior to your voyage you should visit our online Gear Shop at shop.quarkexpeditions.com to determine what size parka you need and consider purchasing one of our essential gear packages.

POLAR BOUTIQUE
If you arrive on the ship and realize you forgot to pack something, not to worry! Our Polar Boutique carries a range of clothing items and practical gear, which are available for you to purchase.

For more information on what to pack, check out the list and video available online at shop.quarkexpeditions.com/pages/packing-list
Money Matters

CURRENCY ON BOARD
The US dollar is the standard currency onboard our ships. You can also use Visa, MasterCard or American Express credit cards to pay your shipboard account.

PAYMENT SYSTEM
After embarking, you will be advised of a time to register your credit card with the Hotel Manager. This will be used to pay for your cabin charges, which include laundry, postage, and communication charges.

A “chit” system is used on our ship-based programs. This means you will sign for items, such as alcoholic drinks, when you take them, but pay your account balance on your second last day of the voyage. Your final payment can be made using cash or major credit cards. Personal checks are not accepted.

For more details, please refer to your ship or guide book.

Note: If you are sharing a cabin and would like separate accounts, you must advise the Hotel Manager.

CASH ON HAND
You may want to maintain a cash reserve to pay for incidental charges such as shipboard items on your last day of the voyage, airport taxes or taxicab fares.

GRATUITIES, TAXES, PORT CHARGES
The price of your voyage includes all taxes, port charges and gratuities for included meals, baggage handling and drivers or guides. Your voyage price does not include the customary gratuity to the ship’s personnel, which is divided between the Expedition Team and Hospitality Team. The amount you choose to give is at your discretion and can be added to your account. For more details, please refer to your ship book.

CURRENCY ON LAND
We suggest that you deal only with banks and approved currency exchange offices abroad. Always save exchange receipts until you have left the country. Before leaving home, check the validity dates of any credit or automatic banking machine cards you plan to bring. Familiarize yourself with the emergency services offered by your bank and affiliate credit card companies. We recommend that you inform your financial institutions about your travel plans to avoid the possibility of having your bank or credit cards frozen. Check with your bank to ensure your Automated Banking Card will work outside your home country.

You may use credit cards in most embarkation/disembarkation cities. Outside of these communities cash is a must in the Arctic. Besides Longyearbyen, Spitsbergen is a cash-only destination where the currency is Norwegian Kroner (NOK). If your expedition visits Greenland, you will need Danish Kroner (DKK) and you should purchase these before leaving home. In western Greenland you may find bank machines that dispense funds in local currency: Ilulissat, Uummannaq and Sisimiut. Outside of Reykjavík, Icelandic businesses accept cash only in the form of Kronur (ISK). Canadian communities will accept Canadian dollars (CAD).

If you plan on using cash, we recommend obtaining currency in the capital city before traveling to the embarkation point and advise that you deal only with banks and approved currency exchange offices.

CUSTOMS, EXPORT RESTRICTIONS, DUTY-FREE PURCHASES
You may want to register any foreign-made articles such as cameras, binoculars, video equipment or watches, at the customs office nearest to your home. Doing so will provide you with a Certificate of Registration that will expedite free entry of these items on your return, as well as on future trips.

If you do not register your items, we suggest that you bring proof that the item was purchased in your home country. If you have purchased items on a previous trip abroad and have paid duty on these items, also bring this receipt.

Should you wish to purchase antiquities abroad, we suggest you research local exportation restrictions. Trade and export of anything made from an endangered animal or marine mammal is prohibited in most European and Asian countries as well as Canada and the United States. This includes items made from seal fur or ivory.
Health & Medical

GENERAL HEALTH
If you are taking any prescription medicines, we suggest that you carry an extra week’s supply in case of flight delays or other unforeseen circumstances. As your health and safety are a priority for us, if you have particular health needs, please advise us upon your arrival.

The best way to ensure we are aware of your pre-existing health conditions is to bring a signed and dated letter from your physician explaining your health problems and/or the dosage required for your prescribed medication. You can provide this letter to us once you arrive.

MOBILITY
As your voyage will be operating in remote parts of the world, it is essential that you have a high level of mobility. You must be able to complete the safety drills and emergency evacuation procedures without the assistance of others.

Rolling seas and windy conditions require you to be stable on your feet, especially when walking on slippery decks or up and down the steep gangway to your Zodiac.

Getting in and out of Zodiacs requires good knee and hip mobility, though assistance is provided. Walking through varying depths, textures and density of snow can be challenging, especially if you are not accustomed to winter conditions. Hikes can cover a broad range of terrain, duration, and general difficulty. Your Expedition Team will advise you of what levels of activity you can expect prior to each excursion.

INOCULATIONS
You do not require any inoculations for the destinations we visit on your expedition, however this is always subject to change. Please confer with your physician to be sure that your routine immunizations such as tetanus and diphtheria are up to date and ask your doctor if you should be vaccinated against Hepatitis A or B prior to traveling to the Arctic.

Older travelers, in particular, may wish to consider preventative measures against influenza and pneumonia. For the most accurate information about inoculation requirements, contact your physician or your local Public Health Service.

MEDICAL FACILITIES
Our ships provide an English-speaking doctor onboard who manages a medical clinic that is stocked with a supply of common prescription medicines and basic first aid equipment. If you are under regular treatment for any ailment, you must bring a sufficient supply of medicines for yourself. We cannot accept responsibility for not having a specific brand or type of drug on board.

HYDRATION
It is essential that you drink plenty of water, particularly during landings, which can be quite strenuous. Take advantage of the provided water bottles, or bring your own, and always visit the filling stations on board before disembarking to shore.

COMBATING MOTION AND SEASICKNESS
We may encounter rough seas on any expedition, so it is best that you are prepared. Ask your physician to prescribe an appropriate seasickness medicine for you.

Phenergan (promethazine) 25mg tablets have been scientifically proven to be an effective seasickness preventative. Before you leave home please read your dosage instructions as most preventative seasickness medicine must be ingested ahead of time, while you are still feeling well. Be sure to bring enough medication for the duration of your voyage.

A final tip: If you are prone to motion sickness, it is best to avoid alcohol, tobacco, excess liquids and confined spaces.
SAFETY AT SEA CHECKLIST

Ensuring your safety is a top priority for our crew and Expedition Team. If you follow these tips, you can help to make sure that your voyage is a memorable one for all the right reasons.

- Take responsibility for your own safety
- Note all evacuation routes
- Note the location of light switches
- Walk cautiously at all times
- Use the provided handrails
- Wear non-skid shoes on deck

Daily Life during the Expedition

DAILY PROGRAM
Your schedule of activities, presentations, meal hours and films is usually posted one day in advance. Please remember that the unexpected is an everyday occurrence during a polar expedition so it is possible that while you are sleeping we may need to adjust the activities for the next day. Your daily program notices and our itineraries are meant only as guides.

The Expedition Leader will constantly monitor weather and ice conditions, while collaborating to create as many opportunities as possible for you to enjoy landings and Zodiac cruises at the places we visit.

PRESENTATIONS BY QUARK’S EXPEDITION TEAM
Your Expedition Team is carefully chosen for their combined experience, knowledge and passion for the Polar Regions. Through formal presentations, as well as informal briefings, your Expedition Team will cover a range of topics including ornithology, marine biology, glaciology, geography, geology, history and the environment.

We are sure that you will enjoy the enthusiasm that they have for expedition travel! Biographies of your Expedition Team members will be provided to you when you receive your final documents before your voyage.

DAILY BRIEFINGS AND RECAPS
You will have regular briefings throughout the voyage. These briefings allow your Expedition Leader and Team to provide you with information about upcoming landings and any itinerary changes that may occur. During your recap sessions you are encouraged to share your experience and wildlife sightings or ask questions about the places you have just visited.

SHIP/LODGE INFORMATION
For more information on the specifics of your ship, please refer to the Ship or Guide Book included in your final documents.
Landings & Wildlife

Please ensure that your impact on the environment is negligible while viewing wildlife during your expedition. You must always follow our basic principle: do not disturb wildlife, historical remains or the landscape.

When going ashore you must abide by the conservation guidelines set out by the Association of Arctic Expedition Cruise Operators (AECO). We strongly encourage you to follow the link below and review the detailed AECO ‘guidelines for visitors’ document. www.aeco.no/guidelines/

**GENERALLY, THE BASIC PRINCIPLES ARE:**
- Leave no lasting signs of your visit
- Do not pick flowers
- Do not take anything with you
- Do not disturb the animals or birds
- Leave cultural remains alone
- Take the polar bear danger seriously
- Respect local culture and local people
- Be safe and follow the direction of your Expedition Team

When going ashore you must abide by the following guidelines. More detailed instructions are also provided with your final documents.

**PROCEDURES FOR LANDINGS**
- Always listen to and obey the instructions from your Expedition Team.
- Do not delay others - keep track of time and return to the landing site before your timed departure.
- Never wander off alone or out of sight of the Team positioned ashore.
- If you hear the ship's horn, or a Team member asks, you must return to the landing site immediately.
- Do not walk onto glaciers - there may be hidden crevasses.
- No smoking ashore.
- No littering, souvenir collecting, or urinating ashore.
- Avoid taking items ashore that could become accidental litter such as film boxes or tissues.
- Anything that you carry to a landing should be returned to the ship.

**SAFE BEHAVIOR NEAR WILDLIFE**
- Do not touch animals.
- Keep a minimum distance of 5 meters (15 feet) from all animals - especially nesting birds.
- If an animal's behavior changes - you are too close. Although the animal may not show obvious fear, they could still be distressed. Remember, if a bird leaves its nest, the eggs or chicks are at risk.
- Always give wildlife the right of way.
- Avoid coming between an animal and the shore or ocean.

**BE AWARE OF YOUR SURROUNDINGS**
- Move slowly and always check behind you.
- Birds flying or calling overhead signifies you are too close to a nest or young chicks. Retrace your steps the way you came.
- Do not make sudden movements.
- Keep quiet - do not make loud or sudden noises.
- Keep low if possible - you will appear less threatening to animals and it will also yield better photographs.
- Do not try to make an animal react for a photograph.
- Patience yields the best rewards.
- Standing still for long periods of time can be of great benefit when viewing wildlife.

**PROTECTING FRAGILE VEGETATION**
- Avoid walking on moss beds, lichens, or grasses. They are very delicate and slow growing.
- Always wash your boots on the ship before and after each landing.
- Leave nothing but foot prints.
Taking Photographs

You will find that photography in the Polar Regions presents some unique challenges, ranging from the natural (tough lighting conditions and cold weather) to the logistical (how to pack properly for an expedition taking place in such a remote part of the world).

PHOTOGRAPHIC JOURNAL
If you are not an avid photographer, not to worry, we have you covered. As a memento of your journey, Quark Expeditions® will create a photographic journal, accessible to all passengers, free of charge. Visit www.quarkexpeditions.com/en/photographic-journal and use your Quark Expeditions® reservation number to access your journal. Please allow time for the journal to be posted online. Photos from an Arctic voyage should be available within 8-10 weeks after departure, but upload times do vary.

GEAR AND EXCESS BAGGAGE CHARGES
If you are an avid photographer who carries tripods, external hard drives, laptops and a number of lenses, you will most likely accrue excess baggage charges when flying to and from the Polar Regions. In some cases excess baggage is not permitted on charter flights, and is not available for purchase. If you do not want to cut down on your photographic gear then cut down on the clothes you pack and use the shipboard laundry facilities to your advantage. Laundry charges where available will most likely be lower than any excess baggage charge you may incur on camera gear.

THE GOLDEN RULE OF POLAR PHOTOGRAPHY
Bring a camera. Any camera. Even if you never take pictures, much of what you will see and experience in the Polar Regions defies description and begs to be photographed.

HOW MUCH MEMORY IS TOO MUCH?
You will take more pictures than you have ever taken before. The shooting ratio ranges from 3:1 to 5:1. We recommend you double the amount of memory cards that you normally bring when you travel.

TIPS FOR PHOTOGRAPHERS
- Bring your laptop and a large thumb drive for sharing files and for backing up your memory cards.
- There are public computers, but the waiting times can be long if there are a number of photographers on your journey.
- Bring camera cleaning gear.
- Cold temperatures quickly eat up battery power. Carry batteries close to your body to keep them warm and bring plenty of spares or use rechargeable batteries if possible and bring the battery charger.
- Protect your photographic gear from the elements – risk of rain, snow and sea water splash means a waterproof bag is essential.
- Bring your flash – Arctic light can be harsh.
- Remember you’ll be wearing a parka, so leave your photo vest behind, unless you have an oversized one.
- Backpacks to carry your equipment are more convenient than side bags when getting in and out of Zodiacs.
- Replacement gear is not available onboard.
- You cannot purchase replacement batteries on the ship.
- A polarizing filter can be useful in the Polar Regions, but is not essential.
- Special bird shots may require a fast long lens.
Zodiac Landing Craft

During the expedition, you may visit remote and isolated sites that are accessible only by Zodiac landing craft. These large, heavy-duty inflatable vessels are extremely safe and were specially designed for expedition work.

Zodics are the workhorses of polar expeditions. They are used for transferring you ashore, transporting your luggage when necessary and for taking you ocean-level cruising among icebergs, whales and seabird colonies.

Separate air compartments retain a large reserve of buoyancy even if these sturdy boats are damaged and their flat bottom design permits the craft to land directly onto the cobble and ice-strewn beaches that you will encounter on your polar expedition.

A briefing about these boats will be presented before your first landing, which will include tips for you on the best way to enter and exit a Zodiac. Wearing your warm rubber boots, you can expect to walk through shallow water on most of your Zodiac excursions.

We use heavy duty Zodics for landings and cruising. Each has a maximum capacity of 15 people; however, for your comfort we generally cruise with only 10 people in a Zodiac.

PROCEDURES FOR ZODIAC EXCURSIONS

- To participate in shore excursions by Zodiac you must attend all Zodiac briefings aboard and ashore.
- You may not board a Zodiac unless you are properly attired.
- Dress in several layers of clothing, topped off with a parka.
- Waterproof pants (mandatory) and warm headgear are necessary.
- Wear the waterproof boots that we loan you over two pairs of socks.
- You must wear a Personal Flotation Device (PFD) over your parka at all times.
- Carry your belongings in a backpack so that both of your hands are free to hold railings and accept assistance when embarking or disembarking the Zodiac.
- All electronic and valuable personal equipment like cameras, video cameras and binoculars should be packed in waterproof bags and carried in your backpack.
- Remove your backpack and put it between your legs after you are seated in the Zodiac.
- Never attach or clip anything (e.g. backpack, bum-bag etc.) to the grab lines.
- You may not smoke in a Zodiac or when ashore.
- Accept assistance when embarking and disembarking, using the sailor’s grip, which will be demonstrated at your first briefing.
- While the Zodiac is in motion, you must remain seated with your feet on the deck.
- Do not attempt to stand unless the Zodiac driver has given you permission to do so.
- Keep your body, arms and hands inside the Zodiac to avoid injuries.
- You can make a stable platform for photography while in the Zodiac by kneeling on the floor with your elbows on the pontoon.
- Other guests are eager to take photographs too, please make way for them once you have taken your photos.
- When you arrive at the landing, remain seated until the driver instructs you to disembark.
- Approach the Zodiac only from the sides.
- Remain seated in the Zodiac until the boat is secured alongside the gangway and you are asked by the Expedition Team or Crew Member to stand up and disembark.
- Please clean your boots and clothing before and after each landing to avoid accidental introduction of seeds or other organisms to other landing sites.
Frequently Asked Questions

DO I HAVE TO BE IN GOOD HEALTH?
Yes, you must be in good general health. Our medical information form will assist you in determining if the state of your health is appropriate. You must complete and return the form to us. Please note that passengers with special medical conditions must have a physician complete and sign a section of the form. The information that you provide on the medical form is vital should you become ill while on the expedition. Remember, you are traveling to remote areas without access to sophisticated medical facilities.

WILL THERE BE A DOCTOR ON BOARD? WHAT HAPPENS IF I GET SICK ON BOARD?
All our vessels have a clinic and carry an English-speaking doctor. Should you fall ill, the doctor will refer to the medical forms that you completed and returned to us, therefore it is vital that the information you provide is complete and accurate. There is no ship’s nurse.

DO I NEED TO BE REALLY FIT TO JOIN ONE OF THESE EXPEDITIONS?
In general you do not need to be fit as most of our expeditions are by ship with shore excursions that are of varying degrees of difficulty. However, travelers must be able to make their way down a steep, narrow gangway on the side of the ship to the Zodiac for shore excursions. On any expedition, you are welcome to remain on board or return to the ship if a Zodiac is available. Wherever possible, we provide several levels of activity, offering options of shorter or longer stays ashore. Our Team is always on hand to assist you in and out of the Zodias. The procedure becomes progressively easier with each new landing.

HOW MANY EXPEDITION TEAM MEMBERS WILL BE ON BOARD?
We will have one Expedition Leader, plus a team of additional staff who will be a combination of specialist and Zodiac drivers. The ratio of guests to staff is generally about 9:1. Final numbers will depend on the itinerary.

WILL THE ACTUAL ITINERARY BE EXACTLY AS SHOWN IN THE BROCHURE OR IN THE DETAILED ITINERARY?
The unexpected is an everyday occurrence during a polar expedition, therefore our itineraries are meant solely as a guide. The Expedition Leader collaborates with the team to create as many opportunities as possible for landings and Zodiac cruising in response to local weather and ice conditions. Each day, a program is posted that informs you of the activities intended for the following day, but please be flexible as it may change.

ARE ANY OF THE VESSELS IN DANGER FROM ICEBERGS?
Icebergs can be a hazard for ships in certain areas of the Arctic; however each vessel’s ice-strengthened hull was built for polar region exploration and its navigation systems are able to detect icebergs at quite a distance, enabling the Captain to change course as required. The speed and direction of the ship is adjusted in response to local water, ice and weather conditions.

DO WE KNOW WHAT ICE CONDITIONS WE WILL ENCOUNTER?
Though local conditions change on a daily basis, the Expedition Leader keeps well informed of ice conditions through constant communication with other vessels, local communities, and the ship’s officers who consult ice charts provided by government agencies.

CAN YOU CATER TO VEGETARIANS? WHAT IF I HAVE SPECIAL DIET NEEDS, CAN THEY BE MET?
If you do not eat meat, there is a good selection of vegetables, pasta, grains and fruit available. We are able to meet most special dietary requests, as long as you have clearly indicated your dietary restrictions on the Medical Information Form well in advance of your voyage. Kosher food cannot be prepared.

ARE THERE RESTRICTIONS ON WHAT CAN BE DONE WHILE ASHORE?
The governments of the countries through which we travel impose restrictions to protect the wildlife, the environment and the cultures of the people with whom we visit. As a member of Association of Arctic Expedition Cruise Operators (AECO), we adhere to comprehensive guidelines for operating responsibly in the Arctic, and your Expedition Team will address conservation issues during briefings aboard the ship and while ashore.

Last revised: March 4, 2019
Contact Information

Our Polar Travel Advisers are always available to assist you before, during or after your expedition travels.

**CONTACT US BY PHONE**
*Monday through Thursday*
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*Friday*
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Visit our website for more information on any of our expeditions:
www.quarkexpeditions.com