

Ocean Diamond

Antarctica Ship Guide



Welcome Aboard!

Quark Expeditions created this book to assist you in your expedition planning. Ensuring you enjoy a safe, memorable voyage aboard the Ocean Diamond is our top priority. This spacious expedition ship features an ice-strengthened hull, a wide range of cabin options and plenty of public spaces.

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. 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.



What to Expect on an Expedition

Polar travel is more unpredictable than your common cruise, so we encourage you to board the ship with a 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 to a voyage. 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 are highly dependent on weather, especially sea and ice conditions. We treat every day as a new opportunity for discovery and with many landing sites at our disposal, we're sure your Polar expedition will be unlike any travel experience you've had before.



Adventure Options

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

As with anything in the Polar Regions, our 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.

CAMPING

Treat yourself to an overnight camping adventure in the near 24-hour sunlight! Our popular camping options are limited to 60 people on our Ocean Diamond expeditions.

Quark takes care of all of the equipment so that you can sit back, relax and enjoy the quietness of Antarctica - away from the ship. For photographers, this is a great opportunity to take time to slow things down and compose some special images.

Campers are normally paired up in 2-person tents, however solo travelers may be accommodated for if there is availability. In addition to tents, you may have the option to sleep overnight in a small waterproof shelter known as a bivy sack.

Dress warmly and eat a hearty meal before you head out as no meals are allowed on land. You will need to complete a waiver form before being considered for this adventure option.

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. Taken in small groups of 10-16 people, multiple times per voyage, sea-kayaking adventures are only done during calm weather conditions. We require you to have some prior sea-kayaking experience, including the capability to do a wet exit.

MOUNTAINEERING

Geared towards our fitness conscious adventurers, mountain climbing in Antarctica pushes the limit in terms of how far you are willing to go - both physically and literally - on the White Continent.

Geared up with ice axes and crampons, our mountaineering adventures are full-day activities that can last up to 10 hours. While no special experience is required, a fitness waiver must be completed before you're allowed to join our experts on a mountaineering adventure.

CROSS-COUNTRY SKIING

One of the most efficient ways to travel by ground that is covered in snow and ice, you can travel the same way as pioneering explorers like Amundsen and Shackleton did! Cross-country adventures last a few hours, so it is imperative to be in good physical shape.

Ideally, you'll have cross-country skiing experience to partake in this activity, however exceptions may be made for those deemed physically capable. You will be responsible for certain extras such as extra warm clothing and a pair of good sunglasses for this adventure option.

More information about your Adventure Options, including physical requirements and cost of each option is available on our website or by contacting your Polar Travel Adviser.

INCLUDED OPTIONS

SNOWSHOEING

A novel way to experience the beauty of the Polar landscape, and discover remote alcoves and hidden valleys. The rewards of walking atop the snow are well worth the effort, as we'll be able to visit new places that are inaccessible on foot.

This traditional means of transport across the deep snow comes from the indigenous people of North America. While you can appreciate a connection with the past, the snowshoes we use today are much lighter and more forgiving than the old wood-weave snowshoes used during the days of the North American fur trade.

PHOTOGRAPHY

Antarctica is one of the most abundantly photogenic destinations in the world. Penguins amble across pebbled beaches, 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 Antarctica experience.

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 AND FEES

Please check with your local Argentine consulate for your particular requirements, as well as the consulates of countries through which you may be traveling en route.

On arrival in Buenos Aires US citizens are required to pay a reciprocity tax of US\$140, good for 10 years. Canadian citizens must pay US\$75 at time of entry or US\$150 for multiple entries for 5 consecutive years. If you are a citizen of another country please enquire at your local Argentine consulate.

On departure from Ushuaia, you must pay an airport tax of approximately US\$6 per person. These numbers are current, but subject to change.

EMERGENCY EVACUATION INSURANCE

An Emergency Evacuation Insurance policy with a maximum benefit of US\$100,000 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 to purchase medical, cancellation and baggage insurance. 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 camping, then you must also complete the following waiver form. If you have booked multiple optional activities, please complete one form for each activity.

[1] Optional Adventure Activity Waiver Forms

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.

CHANGE IN PROCEDURE

Please note that changes in policy or procedures may occur between the time this booklet is published and when your voyage 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.

EXPEDITION DOCUMENTS MANDATORY FORMS

You are **required** to complete the following set of pre-expedition documents, which are available online.

- [1] **Expedition Enrolment Form** *one per guest*
- [2] **Expedition Medical Information Form** *one per guest*
- [3] **Cruise Contract** *one per guest*
- [4] **Arrival/Departure Form** *one per guest*
- [5] **Parka and Boot Form** *one 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.



Air & Land Arrangements

AIR ARRANGEMENTS

Air transportation is not included in the cost of your expedition unless otherwise specified. Personal air arrangements can be made through your favorite travel agent.

ARRIVING IN USHUAIA

You may arrive in Ushuaia at any time during Day 1 of the itinerary. Ushuaia is a destination worth exploring, so we do encourage you to arrive a day or two before your expedition. Based on the arrival information you send us, we will arrange for a transfer from the airport to your hotel.

Note: A Quark Expeditions representative will be available to answer your questions in the lobby of your hotel in Ushuaia during your optional pre-departure briefing on Day 1, at 6 p.m.

Ship embarkation will occur on Day 2 of your itinerary; usually around 4 p.m. Information about embarkation will be posted in your Ushuaia hotel and discussed during your optional pre-departure meeting on Day 1.

DEPARTING FROM USHUAIA

Your ship is scheduled to arrive at the pier in Ushuaia, between 7 a.m. and 8 a.m. local time. 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.

Weather conditions can always change our arrival times, and airline schedule changes have also been known to occur. Please book your flight home from Ushuaia to depart as late in the day as possible, or at a date after the end of your expedition. If you have booked a flight that departs before 11 a.m. on the date that your expedition ends, you will be at risk of missing your flight.

Quark Expeditions staff in Ushuaia will reconfirm your domestic flight 48 hours prior to disembarkation, provided you

give your information to our team ahead of time, or when you board the ship. Booking flexible tickets is always encouraged as we cannot be held responsible for ship delays due to unforeseen circumstances.

AIRLINE BAGGAGE ALLOWANCES AND RECOMMENDATIONS

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 flights in to and out of Ushuaia. At check-in, we suggest that you check your baggage all the way through to Ushuaia, if possible.

PRE AND POST EXPEDITION TRIP EXTENSIONS

You can extend your trip by booking extra days to explore Ushuaia after the voyage or visit El Calafate or Iguazu Falls from Buenos Aires before your voyage. These pre and post trip extensions can be arranged through your Polar Travel Adviser.

AIRPORT TRANSFERS IN BUENOS AIRES

Most flights to Ushuaia from Buenos Aires will depart from the domestic airport (J Newberry, AEP), which is located about a one hour drive from the international airport (EZE).

We recommend that you use the efficient airport shuttle service, Manuel Tienda Leon, which costs approximately US\$17 per person each way. Taxis are also available for the transfer from EZE to AEP; at a cost is approximately US\$50. The taxi ride will take you about an hour under normal traffic conditions. If you prefer, your Polar Travel Adviser can arrange for a private transfer.

INCLUDED HOTEL ACCOMMODATIONS

The first night of included lodging is generally at one of three hotels in Ushuaia: Las Lenguas Hotel, Hotel Albatros or Los Nires. Additional hotel nights before or after your expedition may be possible, please contact your Polar Travel Adviser. As accommodation space is limited in Ushuaia, you are encouraged to request any extra nights as early as possible.

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.

SOLO TRAVELERS

If you have booked your expedition on a single occupancy basis, you will be in a single room during your hotel stay. If you have opted to participate in our Request-Share program, you will share your hotel room. Should you prefer to be in a single room for your hotel night, please contact your Polar Travel Adviser to make the necessary arrangements.

CABIN TAGS

Your cabin tags will be distributed at the pre-departure meeting on Day 1. On your day of embarkation, bring your luggage to the hotel lobby in the morning and attach your completed luggage tags. Porters will collect your luggage to take to the ship and have placed in your cabin.

ADDITIONAL RECOMMENDATIONS

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.



What to Pack

CONSIDER THE WEATHER

You will be traveling to the coastal regions of Antarctica during the southern 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.

PROVIDED GEAR

BOOTS

Waterproof boots are a crucial item of expedition clothing. To save you from packing your own, Quark Expeditions loans you a pair for the duration of the voyage.

PARKAS

A complimentary parka, yours to keep, will be provided. Specially designed by our knowledgeable Expedition Leaders, your insulated, waterproof, seam-sealed, hooded 3-in-1 parka will serve you well and keep you warm during your Quark Expeditions voyage.

ESSENTIAL GEAR

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.

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.

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!

OUTER CLOTHING

We suggest that you pack woolen, or fleece sweaters and tops; plus several turtlenecks for layering.

PACKING CHECKLIST

Use the convenient list below to ensure you have not missed any important items we have mentioned. Check off each item as you pack it into your luggage.

LIST OF ESSENTIALS

- Gloves (2 pairs minimum)
- Hat that covers ears
- Scarf or other face protection
- Sunglasses with UV protection
- Sunscreen
- Waterproof pants or insulated ski/snowboard pants
- Warm pants
- Silk or polypropylene underwear
- Four pairs of long wool or cotton socks
- Several pairs of silk or polypropylene socks
- Sweaters and fleece tops
- Cotton turtlenecks and t-shirts
- Your prescription medicines

LIST OF SUGGESTED ITEMS

- Waterproof, lightweight backpack or daypack
- Swimsuit
- Binoculars
- Camera with extra batteries
- Extra memory cards or film
- Extra pair of prescription glasses
- Plastic bags with zippers
- Ecologically friendly laundry soap
- Small medical kit
- Earplugs, in case of noisy cabin mates
- Small alarm clock or watch with an alarm
- Seasickness, indigestion, headache or other medicines

BASE LAYERS

Silk, 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.

KNAPSACK OR BACKPACK

To keep your hands free when boarding Zodiacs, 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.

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.

SWIMSUIT

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

GEAR SHOP

You should visit our Gear Shop at www.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 back something, not to worry! Our Polar Boutique carries a range of clothing items and practical gear, which are available for you to purchase.

Money Matters

CURRENCY ON BOARD

The US dollar is the standard currency on board. You can also use Visa, MasterCard, Diners Club or American Express credit cards to pay your shipboard account.

PAYMENT SYSTEM

After embarking, you will be advised of a time to provide your credit card to 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 the ship. This means you will sign for items, such as alcoholic drinks, when you take them, but pay your account balance on the final day of the voyage. Your final payment can be made using cash, traveler’s checks or major credit cards. Personal checks are not accepted.

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

CURRENCY ON LAND

Automated Banking Machines are available in Buenos Aires and Ushuaia. The currency of Argentina is the Peso; however you will find that US cash and credit cards are accepted in popular tourist areas.

If you plan on using cash, we recommend obtaining currency in Buenos Aires before traveling to Ushuaia and advise that you deal only with banks and approved currency exchange offices.

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. Before leaving, familiarize yourself with the emergency services offered by your bank and affiliate credit card companies.

CASH ON HAND

You will 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 gratuities and taxes 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 amongst the crew, Expedition Team and Hospitality Team.

We suggest this guideline for your convenience: aboard ship US\$13 to \$15 per traveler per day. The amount you choose to give is at your discretion and can be added to your shipboard account.

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 the ship doctor 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 our expedition doctor once you board the ship.

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 on board 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.

INOCULATIONS

You do not require any inoculations for the destinations we visit on your expedition, however this is always subject 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 Antarctica.

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

Your ship will have an English-speaking doctor on board 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.

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.

For anyone who arrives in Ushuaia without any seasickness medication, there are a number of pharmacies in town that have Dramamine and sea sickness patches available for purchase.

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

SHIP INFORMATION

YOUR EXPEDITION SHIP OCEAN DIAMOND

The Ocean Diamond is Quark’s modern, stable super-yacht. Carrying a maximum of 189 passengers, this outstanding vessel features numerous adventure options plus on board amenities for you to enjoy such as a wellness program and a well-stocked polar library.

SHIP SPECIFICATIONS

Staff & Crew	144
Guests	189
Length	124 meters
Breadth	16 meters
Draft	4.9 meters
Propulsion	2 Wichmann Engines, 7375 horsepower
Ice Class	1D
Cruising speed	15.5 knots
Registered	Nassau, Bahamas
Lifeboats	2 fully enclosed

ANNOUNCEMENTS

Announcements in English over the ship’s public address system will alert you to wildlife sightings, itinerary changes, and landing instructions for going ashore. On some voyages, such as our dedicated French and German departures, announcements will be repeated in other languages. Out of courtesy to other travelers, we ask that you remain quiet during all announcements - even those made in languages that are not your own.

BAR & WINE SERVICE

The well-stocked bar on the ship is open for you to enjoy with your fellow shipmates in the late morning, afternoon and evening. Soft drinks, juices and water are available, as is a selection of liquors, spirits, beer and wine. A varied list of good wine and champagne will be available in the dining room as well as the bar.

If you bring any beverages on board the ship, please confine their consumption to your cabin. If you do wish to bring your own wine to the dining room, a small corkage fee will be charged to your shipboard account. Please note that it is Quark Expeditions’ policy to not serve alcoholic beverages to persons under the age of 18 years.

WATER

Tap water on the Ocean Diamond is safe to drink. We recommend that you bring a refillable bottle to use onboard or purchase one as a souvenir from the Polar Boutique.

Please remember that clean water is a precious natural resource. We ask you to take care in conserving your water usage during daily routines such as showering and brushing your teeth.

BRIDGE VISITS

During your voyage you may be invited to visit the Bridge, where you can observe how the Captain and officers sail and navigate the ship. A map of your expedition path will be available, so you can see exactly where you have been. As the Bridge is an important working area on the ship, we ask that you keep noise to a minimum during your visits to avoid distracting the officers from doing their jobs efficiently.

BATHROBES

The bathrobes in your cabins are on loan for you to enjoy for the duration of your expedition.

CABIN TEMPERATURE - CLIMATE CONTROL

You may control your cabin temperature by adjusting the thermostat. If you are sharing a cabin with other travelers, please be aware of their temperature preferences as well.

HOUSEKEEPING SERVICE

Your cabin will be cleaned on a daily basis. Your towels will be changed along with your bed sheets every third day, subject to the length of the voyage and in accordance with Quark’s sustainability practices. If you would like your towels changed more frequently, please see the Hotel Manager.

SHIP TO SHORE COMMUNICATION

When you are not busy exploring the natural beauty of Antarctica, you will have the ability to make phone calls, check emails and use the internet while aboard the Ocean Diamond.

Pre-Paid “Pin Cards” will be available for purchase from the hotel staff. Once purchased, your PIN Card will grant you access to WiFi spots found throughout the public spaces of the ship. In most cases the WiFi will also work from your cabins; however the best connections will be from public areas. Making phone calls from the ship will also require the purchase of a pre-paid PIN Card.

You may also choose to set up a temporary ship-board email account. These special accounts are specifically geared towards satellite communications and will be a lower-cost option to WiFi service. Prices for all of these optional services will be posted onboard the ship.

DINING ROOM

There is one dining room on board, where you will be served breakfast, lunch and dinner. Hours of operation will be posted on the ship, as they are subject to change based on the activities that are planned for your voyage each day.

CATERING TO VEGETARIANS AND OTHER SPECIAL DIETS

If you do not eat meat there is a wide selection of vegetables,

pasta, grains and fruit available. Quark Expeditions is able to cater to most special dietary requests, as long as you have clearly indicated your needs on the required expedition forms when you book your voyage. We regret to say that kosher food cannot be prepared.

PHOTOGRAPHY PROGRAM

A complimentary benefit of booking an Ocean Diamond expedition is that you can enjoy a comprehensive on board photography program. Your program includes the services of a resident photography instructor, a program of lectures on photography and digital image manipulation and photography-focused excursions at landing sites.

EXPERT IN RESIDENCE PROGRAM

All voyages feature an “Expert on Board”, who may be a practicing scientist, historian, or researcher from a prominent institution or polar research program. You are welcome to watch them work and inquire about their fieldwork during your voyage.

CARBON OFFSETTING PROGRAM

Adding to its long list of industry “firsts”, Quark Expeditions is proud to say that Ocean Diamond will be the first ship to deliver CarbonNeutral® voyages under a new certification established in accordance with The CarbonNeutral Protocol, the global standard for carbon neutral certification. The offsets will be provided by The CarbonNeutral Company, a world leading provider of carbon reduction solutions.

ELECTRIC CURRENT

The electrical supply on board is 220 volts, 50 Hz. If you are traveling from the USA or Canada, you may want to bring a small 220v/110v converter. Before you buy a converter, check your electronics as most modern cameras, computers and devices are already compatible to use 220 volts. The electrical outlet sockets found in your cabin and around the ship are the standard European two round pin plugs, so you may need to bring your own travel adapter.

EMERGENCIES

If case of emergency, please alert the Bridge or any Crew or Expedition member immediately.

HAIRDRYERS

There is a hair dryer included in each cabin.

LAUNDRY

A complete list of laundry charges will be provided when you are on board the ship. Laundry is collected each morning and request forms and bags are provided in your cabin. Please allow 48 hours for your laundry to be returned. Ironing services are also available to you, at a minimal charge. We encourage you to take advantage of the laundry services, as it will mean you need to pack fewer articles of clothing.

LIBRARY

Your ship has been stocked with the world's largest floating library of polar book and DVD's! Whatever your personal interests are, we're sure you'll find something worth reading. The Ocean Diamond collection includes books in multiple languages covering subjects like wildlife, history, marine biology, ecology and geology. A large collection of field guides, picture books and reference books is also at your disposal. The DVD collection includes documentaries, polar-themed films, and popular titles.

LIFE BOAT DRILL

By international maritime law, you must participate in an emergency drill within 24 hours of sailing. Upon embarkation, you will be asked to locate your life vest in your cabin and remember your life boat and muster station. This mandatory drill will be scheduled as soon as possible by the Expedition Leader. You will be provided with full details after you embark.

MAIL

Receiving Polar mail is still a rare and memorable way to send loved ones a memento from your voyage. If your voyage visits a Research Base, we may be permitted to leave mail. If we are unable to deliver the mail during your voyage, staff will attempt on subsequent voyages, however we cannot guarantee delivery. Please note that Polar mail may take as long as 8 months to be delivered.

MASSAGE SERVICE AND WELLNESS PROGRAM

The Hotel Manager can advise you what wellness services are available on your voyage. The range of services is always subject to change, but massage therapy and on board yoga classes are an example of what you can expect on the Ocean Diamond.

OFFICERS AND CREW

You will be in capable and experienced hands throughout your voyage. The Ocean Diamond is operated by an experienced team of international officers and crew who are familiar with ice operations and navigating in Polar regions.

EXPEDITION MEMBERSHIP LIST

For your convenience, a complete list of all members of the expedition, including your officers and Expedition Team members will be distributed on board.

POLAR BOUTIQUE

Gifts and souvenirs are a great to bring home as mementos of your polar expedition. In addition to small souvenirs, our Polar Boutique offers a selection of expedition gear, including base layer clothing and refillable water bottles.

All items may be charged to your shipboard account. All your purchases made aboard the ship through your shipboard account are backed by Quark Expeditions' satisfaction guarantee. Any items acquired in any other manner are purchased at your own risk.

SMOKING

You are not permitted to smoke in cabins or public areas of the ship. No smoking is allowed in the Zodiacs or on shore. Please smoke in designated areas only and ensure your butts are safely and properly disposed of.

VALUABLES

A safe is included in your cabin for storing your valuables. We recommend that you travel with as few valuables as possible.



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 on the Ship

DAILY PROGRAM

Your schedule of activities, presentations, meal hours and films is usually posted one day in advance. Please remember that 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.

While sailing, the Captain and 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 illustrated presentations, as well as informal briefings, your Expedition Leader and 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.

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 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.

- Fur seals are usually dangerous, therefore keep a greater distance than 5 meters from them at all times.
- 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 ON DVD

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, which all passengers are able to take home with them, free of charge.

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. 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 will most likely be lower than any excess baggage charge.

THE GOLDEN RULE OF POLAR PHOTOGRAPHY

Bring a 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. 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 board.
- 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.
- Protect your photographic gear from the elements – risk of rain, snow and sea water splash means a waterproof bag is essential.
- Bring your flash – Antarctic 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 on board.
- You cannot purchase replacement batteries on the ship.
- A polarizing filter can be useful in the Polar Regions, but is not essential.

Zodiac Landing Craft

During the expedition, you will 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.

Zodiacs 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 Mark V HD (heavy duty) Zodiacs for landings and cruising, each has a maximum capacity of a Mark V 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 and warm headgear are necessary.
- Wear the waterproof boots that we loan you over two pairs of socks, when the Expedition Leader informs you that the landing will be wet.
- You must wear a Personal Flotation Device (PDF) 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.
- 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, when 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.

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 ship. 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, as 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 Zodiacs. The procedure becomes progressively easier with each new landing.

HOW MANY EXPEDITION TEAM MEMBERS WILL BE ON BOARD?

We will have 1 Expedition Leader, plus at least 7 additional staff who will be a combination of specialist and Zodiac drivers. 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 an expedition, therefore our itineraries are meant solely as a guide. While sailing, the Captain and the Expedition Leader collaborate to create as many opportunities as possible for landings and Zodiac cruising in response to local weather and ice conditions. Each day on board a daily program is posted that informs you of the activities intended for the following day.

IS THE VESSEL IN DANGER FROM ICEBERGS?

Icebergs are always a hazard for ships in certain areas of the Antarctic; however the vessel's 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?

The Expedition Leader keeps well informed of ice conditions through constant communication with other vessels, local communities, and the ships officers, who consults 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?

By adhering to our wildlife viewing and landing regulations, you'll ensure that we do not negatively impact on the wildlife and environment that we are visiting. You will become familiar with the guidelines that the International Association of Antarctic Tour Operators (IAATO) has established for travel in Antarctica and your Expedition Team will address conservation issues during briefings aboard the ship and while ashore.



All photos are current as of publication date and are subject to change.