

Sea Explorer

Arctic Ship Guide



Quark
Expeditions

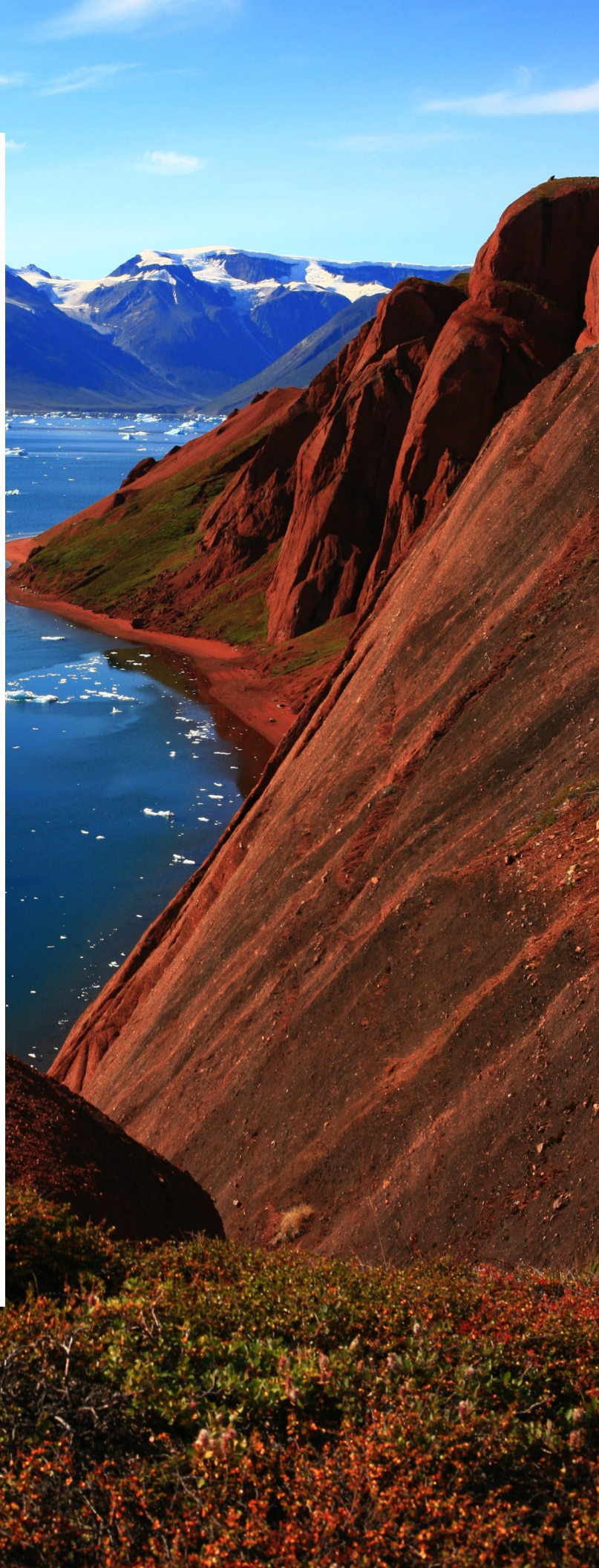
Welcome Aboard!

Quark Expeditions created this book to assist you in preparing for your Arctic expedition aboard the *Sea Explorer*. Ensuring you enjoy a safe, memorable voyage is our top priority. You can expect to meet a diverse group of independent travelers on your expedition. While Polar travel attracts people of different nationalities, 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

Kayaking is an Adventure Option available on your Sea Explorer expedition. This activity is subject to availability and fills up quickly, so be sure to book yours early.

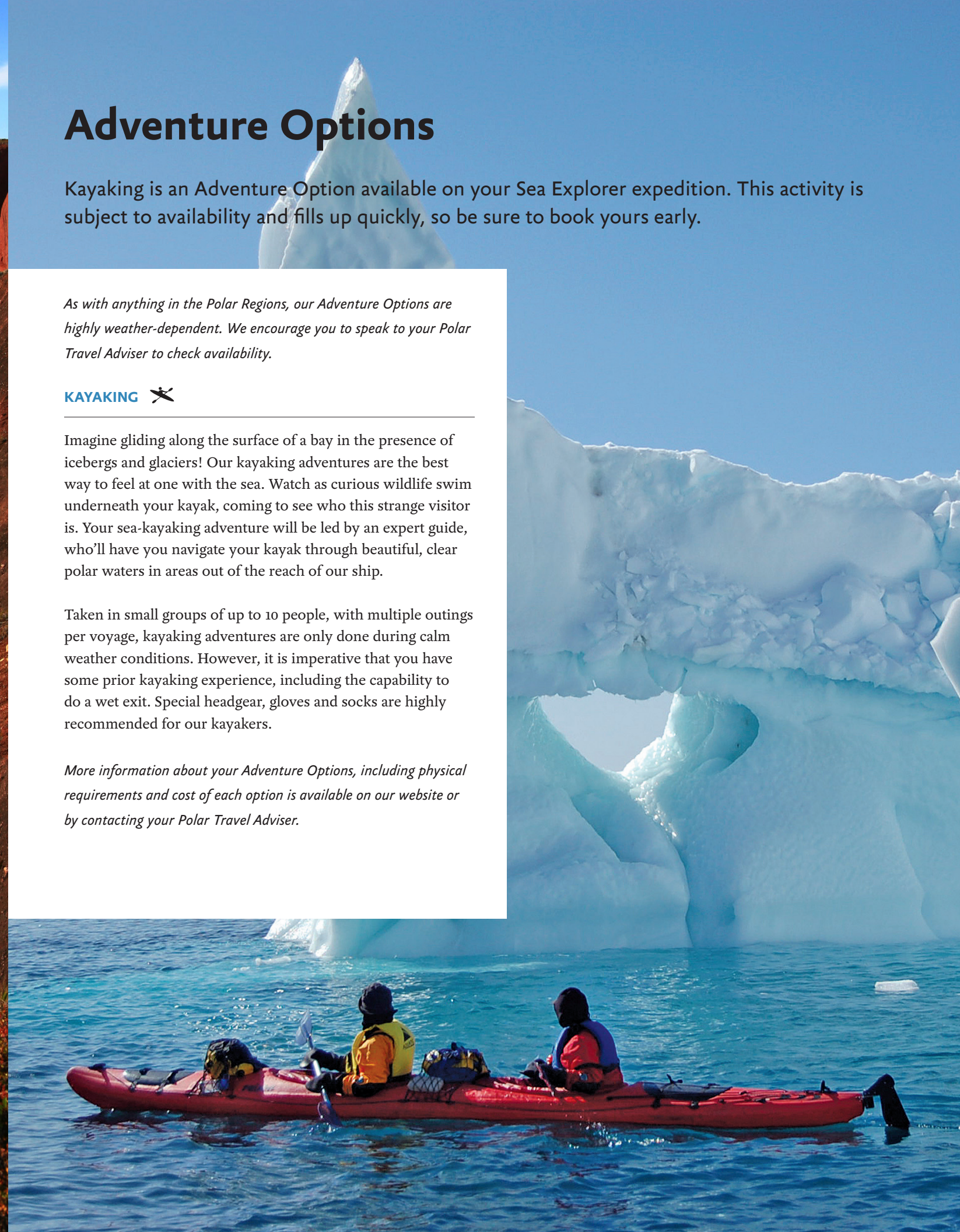
As with anything in the Polar Regions, our Adventure Options are highly weather-dependent. We encourage you to speak to your Polar Travel Adviser to check availability.

KAYAKING

Imagine gliding along the surface of a bay in the presence of icebergs and glaciers! Our 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 an expert guide, who'll have you navigate your kayak through beautiful, clear polar waters in areas out of the reach of our ship.

Taken in small groups of up to 10 people, with multiple outings per voyage, kayaking adventures are only done during calm weather conditions. However, 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.

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.



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 for the duration of the 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 ships visit four countries: Canada, Greenland (Denmark), Iceland and Svalbard (Norway). 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.

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 purchase cancellation and baggage insurance. Quark Expeditions requires proof of medical insurance covering a minimum of US\$50,000. You may obtain a quote for this insurance by visiting:

www.quarkexpeditions.com/travel-insurance

Documents

EXPEDITION DOCUMENTS - OPTIONAL ACTIVITIES

If you have booked kayaking as an optional activity, then you must also complete the following waiver form.

[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.

CHANGES TO 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*
- [6] **Emergency Contact Form** *one per guest*

Please note: 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.



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 new synthetic fibers, like fleece, retain heat. We do not recommend clothing made of cotton.

CONSIDER THE WEATHER

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

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 of Muck boots for the duration of the voyage.

PARKAS

A complimentary parka, yours to keep, will be provided at the start of your voyage. 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 this convenient packing list to ensure you have not missed any important items we have mentioned.

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
- 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 swimsuit.

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 pack something, not to worry! Our Polar Boutique carries a range of clothing items and practical gear (as well as souvenirs), 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, Discover 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 suite charges, which include laundry, postage, and communication charges. Shipboard Accounts will be settled at the Reception Desk by the end of the voyage. Please listen for announcements regarding the settlement time. Your final payment can be made using cash, USD traveler's checks or major credit cards. Personal checks are not accepted. Note: If you are sharing a suite and would like separate accounts, you must advise the Hotel Manager or contact the Reception Desk.

CURRENCY ON LAND

Currency regulations allow you to carry an unlimited amount of funds during your trip. However, you may have to declare how much money you are bringing into a country upon arrival.

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.

You may use credit cards in embarkation/disembarkation cities. Outside of these communities cash is a must in the Arctic. 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, Uumanaq and Sisimuit.

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 equally amongst our hotel and expedition team members. As a guideline, we suggest for your convenience the amount of US\$14 to \$16 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 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

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. In addition, Quark Expeditions staffs each voyage with one of our own doctors. 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.

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 *SEA EXPLORER*

The 111-guest *Sea Explorer* (formerly Corinthian II) is the sister ship to Quark's *Sea Spirit*. This ice-strengthened small luxury expedition ship features 53 spacious ocean-facing cabins, all-inclusive bar and beverages, and optional kayaking adventures.

Originally built in 1992 and refurbished in 2004, this ship provides superior comfort and amenities. *Sea Explorer's* suites are designed with a sitting area, TV, mini-refrigerator, safe, and other amenities, as well as a marble bathroom. Several suites include private balconies accessed via sliding glass doors.

Public areas include a restaurant, a library and two computer terminals for internet access, an elegant lounge, and a gathering area for relaxation, with picture windows for panoramic views.

The ship also includes a gym and a sun deck with Jacuzzi, and an outdoor café and bar, where meals may be served al fresco. *Sea Explorer* has a fleet of Zodiacs for passenger shore excursions and cruises.

SHIP SPECIFICATIONS

Staff & Crew	80
Guests	111
Length	90.60 meters
Breadth	15.30 meters
Draft	4.2 meters
Propulsion	2 x B&W Holeby, 8L28/32AF, 2 x 1760 KW
Hull	Ice strengthened
Cruising speed	19 knots
Registered	Bahamas
Lifeboats	4 partially enclosed

ANNOUNCEMENTS

Announcements are made in English over the ship's public address system that 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 included in your voyage price, and 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 selection of premium alcoholic drinks such as top wines and spirits are also available at additional cost. 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

Potable tap water on the *Sea Explorer* is safe to drink. All Quark passengers receive an eco-friendly, reusable water bottle in their cabin upon arrival. We encourage you to use the filling station in the Club Lounge on Deck 4 throughout your voyage. 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.

CABIN TEMPERATURE - CLIMATE CONTROL

An individually controlled air-conditioning and heating temperature control can be found in each cabin. You may control the flow of warm air into each suite by adjusting the vent.

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. A towel on the rack means to be used again, a towel on the floor or tub means to be washed.

BATHROBES

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

SHIP-TO-SHORE COMMUNICATION

The price of your expedition includes a 10MB communication access card. Use of Internet and email that exceeds 10MB will be charged at a per kb rate. You can purchase additional communication access cards from the ship Hotel Manager. Each suite is equipped with satellite phone access. Please note that internet service is not available above 60°N. Please speak with the Hotel Manager for more information.

ELECTRIC CURRENT

The electrical supply on board is 110v/60Hz. Passengers coming from countries other than the USA and Canada may need 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 110 volts. You may need to bring your own travel adapter to fit the onboard plugs.

EMERGENCIES

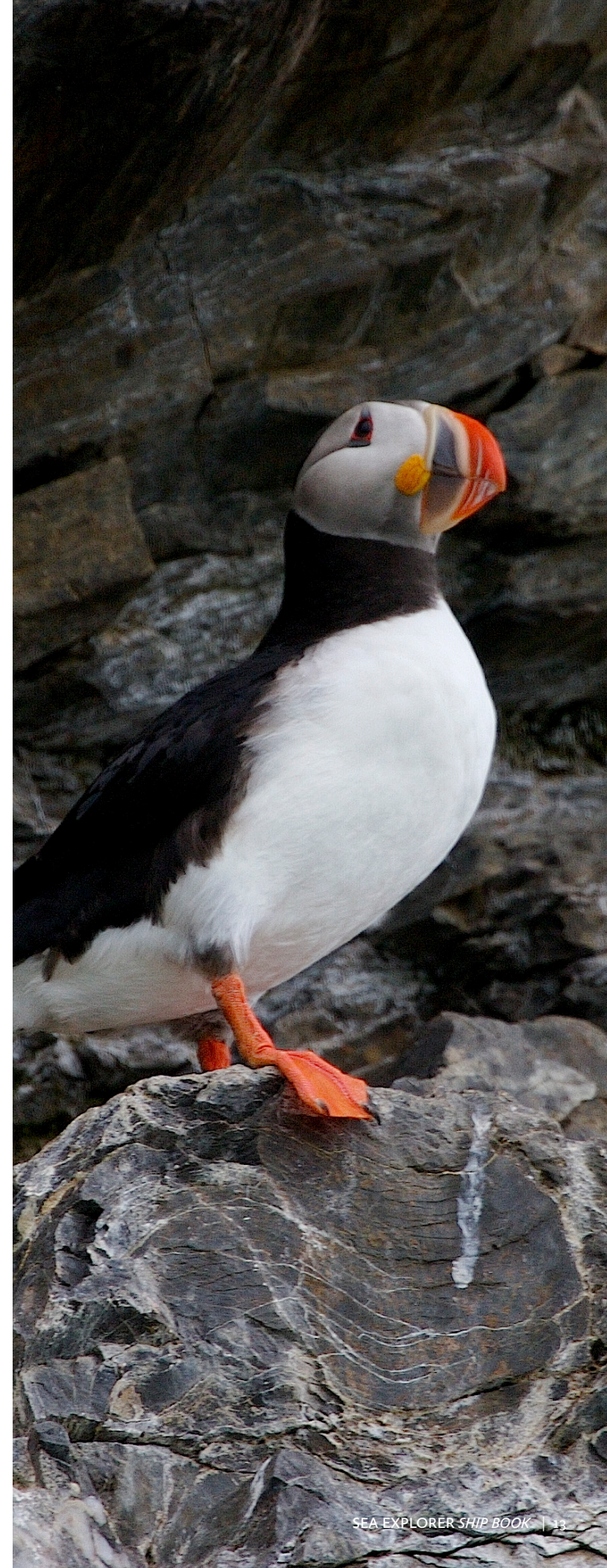
In case of emergency, please alert the Bridge or any Crew or Expedition member immediately.

HAIRDRYERS

There is a hair dryer included in each suite.

VALUABLES

Please store your valuables in the safe in your cabin. We recommend that you travel with as few valuables as possible.



HOTEL DEPARTMENT

Your highly experienced Hotel Manager is responsible for all passenger services and administrative matters while on board, as well as for your shipboard accounts. If you would like to speak with the Hotel Manager, please contact the Reception Desk.

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 suite. 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

You will find a small library of Polar books, reference materials and general reading material. Board games and playing cards are also available.

LIFE BOAT DRILL

With your safety in mind, we will conduct a muster drill while still in port, before your voyage embarks. This mandatory drill will be scheduled by your Expedition Leader, with instructions from your Expedition Team. During the drill, you will be asked to locate your life vest in your suite and remember your life boat and muster station. By international maritime law, everyone is required to participate in such a drill within 24 hours of sailing.

MAIL

Receiving Polar mail is still a rare and memorable way to send loved ones a memento from your voyage. Mail may be posted from the ship and will be charged to your shipboard account. Please deposit your mail in the Hotel Manager's office with your cabin number and name noted clearly in the upper right hand corner of each card or letter. Only a few of the ports we visit accept mail, meaning delivery can take many months.

POLAR BOUTIQUE

Gifts and souvenirs are 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

Smoking is not permitted in the suites, bar, dining room, lounge or public areas. No smoking is permitted in the Zodiacs. Smoking is permitted in designated outside areas only.

Air & Land Arrangements

AIR ARRANGEMENTS

Air transportation to and from the staging 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 invoice 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 cash to pay your airport taxes, as not all taxes can be paid by credit card.

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 domestic flights and pack according to those restrictions.

PRE- AND POST-EXPEDITION TRIP EXTENSIONS

When you're travelling such a long way, you may want to spend extra time in one of our gateway cities. We have a variety of pre- and post-expeditions packages in the fascinating cities of Copenhagen, Toronto, Montreal or the Niagara region. Take a private boat through the canals in Copenhagen, enjoy a glass chardonnay at a winery in Niagara, take in a show in Toronto or walk the cobblestone streets of old Montreal. Contact your Polar Travel Adviser to discover the best options for extending your adventure.

INCLUDED HOTEL ACCOMMODATIONS

The Sea Explorer has a number of Arctic expeditions and your included accommodations usually includes Day 1 of your itinerary and the disembarkation day. If you are arriving prior to Day 1 of your expedition, or staying after the disembarkation day, please contact your Polar Travel Adviser for hotel options.

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 the Request-Share program, you will share your hotel room. If you prefer to be in a single room for the hotel night, it can be arranged upon payment of a supplement.

CABIN TAGS

Please clearly fill out and attach cabin tags to your luggage on the day of embarkation only.

ADDITIONAL RECOMMENDATIONS

Sturdy, soft-sided luggage is recommended over hard-sided luggage, as it will be easier to stow in your suite. 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.



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 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. 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

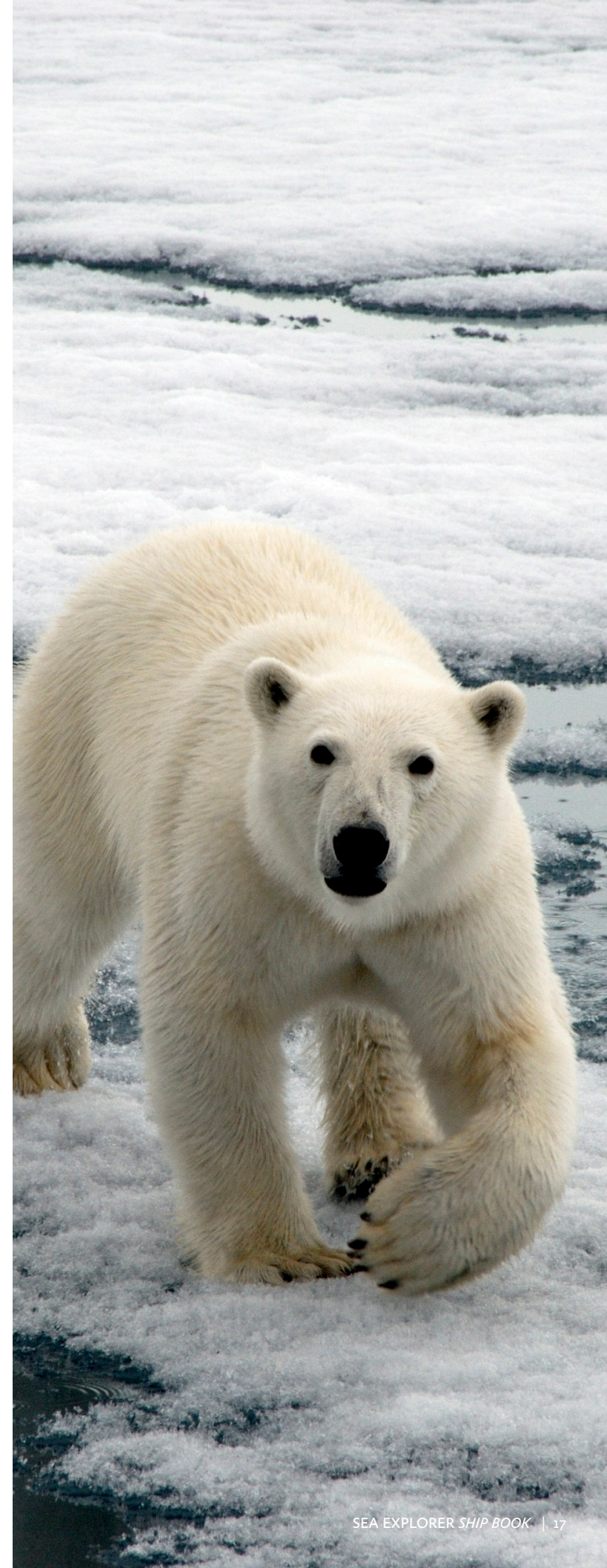
Please ensure that your impact on the environment is negligible while viewing wildlife during your expedition. You must always follow our basic principle: do not disturb wildlife, historical remains or the landscape.

When going ashore you must abide by the 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.htm

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



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.
- The ship's computer will be accessible 24 hours per day.
- 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 – Arctic light can be harsh depending on the time of year.
- 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.
- Special bird shots may require a fast long lens.

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.

The maximum passenger capacity of a Mark V is 15. However, we generally cruise with fewer – depending on weather conditions, of course.

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 rubber boots that we will loan you over two pairs of socks, when the Expedition Leader informs you that the landing will be wet.
- Carry your small belongings in a backpack so that both your hands are free to hold railings and accept assistance when embarking or disembarking the Zodiac.

- All electronic and valuable personal equipment like cameras, videos, binoculars etc. 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 must wear a life jacket at all times while riding in a Zodiac.
- You may not smoke in a Zodiac or when on shore.
- Accept assistance when embarking and disembarking, using the sailor's grip, which will be demonstrated at the 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.
- 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 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 ship's doctor as well as a Quark appointed doctor. There is a clinic and limited inventory of medical supplies and equipment. 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 nurse on the ship.

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 11 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 can be a hazard for ship's navigation in certain areas of the Arctic; 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?

Though local conditions change on a daily basis, the Expedition Leader keeps as well informed as possible of ice conditions through constant communication with other vessels, local communities, and the ship's 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?

The governments of the countries through which we travel impose restrictions to protect wildlife, 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. The Expedition Team will address conservation issues during briefings, aboard, and ashore.

HOW ROUGH ARE THE SEAS?

With the exception of the Denmark Sea, the Arctic waters are relatively calm. However, bad weather can cause rough water. So please travel with motion sickness medicine.

Contact Information

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

CONTACT US BY PHONE

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Visit our website for Live Chat assistance or more information on any of our expeditions:

www.quarkexpeditions.com

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

