

Pre Departure Guide

Antarctica 2019-20



 Quark
Expeditions®

The Leader in Polar Adventures

Welcome Aboard!

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

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





The Leader in Polar Adventures



What to Expect on an Expedition

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

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

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

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



Travel Documents

PASSPORT

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

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

VISAS

Our Antarctic adventure ship expeditions may visit three countries: Argentina, Chile, and the Falkland Islands (Malvinas) and South Georgia (UK). 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.

Most nationalities do not require a visa to enter Argentina. 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.

Citizens of some countries, including China, require a visa to enter Chile. The cost for this visa varies and is subject to change. Other countries, including Australia and Mexico, are required to pay a reciprocity fee. This is available on arrival at the Santiago airport. Still other nationalities such as the US, UK, and South Africa do not require a visa to enter the country. Please check with your Chilean embassy or consulate for your requirements.

These requirements are subject to change without notice. Please check with the relevant embassy or consulate for the most up to date details.

EMERGENCY EVACUATION INSURANCE

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

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

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

MEDICAL, CANCELLATION AND BAGGAGE INSURANCE

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

Documents

EXPEDITION DOCUMENTS - OPTIONAL ACTIVITIES

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

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

EXPEDITION DOCUMENTS - FINAL DOCUMENTS

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

GUESTS UNDER 18

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

CHANGES TO PROCEDURE

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

EXPEDITION DOCUMENTS MANDATORY FORMS

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

- [1] Expedition Enrolment Form**
 - [2] Emergency Contact Form**
 - [3] Expedition Medical Information Form**
 - [4] Parka Form**
 - [5] Boot Form**
 - [6] Arrival/Departure Form**
 - [7] Expedition Contract Terms and Conditions**
- one each per guest*

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



Air & Land Arrangements

AIR ARRANGEMENTS

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

AIRPORT TAXES

Please note that airport taxes are not included in the cost of your expedition and are seldom included in the cost of your airfare. You are responsible for paying any applicable airport taxes. Since tax amounts are subject to change, please carry sufficient local currency to pay your airport taxes, as not all taxes can be paid by credit card. Please keep this in mind for voyages which involve flights in the itinerary, as in a flight from Buenos Aires to Ushuaia and return, or from Punta Arenas to King George Island and return.

AIRLINE BAGGAGE ALLOWANCES AND RECOMMENDATIONS (INTERNATIONAL AND OTHER DOMESTIC FLIGHTS)

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

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

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

REQUEST-SHARE TRAVELERS

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

CABIN TAGS

You will receive cabin tags at the pre-departure briefing the night before embarkation. Please clearly fill out and attach cabin tags to your luggage on the day of embarkation. Bring your luggage to the hotel lobby in the morning with the completed luggage tags attached. Porters will collect your luggage to place in your cabin.

LUGGAGE TRANSFER

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

ADDITIONAL RECOMMENDATIONS

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

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

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

DID YOU KNOW? Buenos Aires has two airports: the international Ministro Pistarini International Airport (airport code EZE), and the domestic Aeroparque Jorge Newbery (airport code AEP). Your flight itinerary may require you to travel between airports, so we recommend that you allow at least 5 hours between flights for transfer and check in.

Adventure Options

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

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

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

SEA KAYAKING

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

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

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

Included equipment:

- Mix of double and single sea kayaks and paddles
- Dry suit, neoprene pogies and booties
- Spray skirt
- 10L dry bag
- Personal Flotation Device (PFD)

PADDLING EXCURSION

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

Included equipment:

- Tandem sit-on-top kayaks and paddles
- Dry suit, neoprene pogies and booties
- 10L dry bag
- Personal Flotation Device (PFD)

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 Endeavour* and *Ocean Diamond* expeditions, and 30 people on *Ocean Adventurer* and *World Explorer* expeditions.

Quark Expeditions® takes care of all 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 will sleep overnight in a small waterproof shelter known as a bivy sack. In addition to bivy sacks, you may have the option to sleep in a tent. In this case, campers are normally paired up in 2-person tents, however solo travelers may be accommodated if there is availability.

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.

Included equipment:

- One bivy sac per person
- *or*
- High quality two-person mountain tent
- Insulated flooring mats
- Sleeping bags

OCEAN ENDEAVOUR ONLY (select voyages)

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 half-day activities that can last up to 4 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.

Included equipment:

- Mountaineering boots (size 6 to size 14)
- Ice axe
- Crampons
- Alpine body harness
- Helmet
- Ropes, screwgate carabiners, safety & rescue equipment

CROSS-COUNTRY SKIING

Cross-country skiing is one of the most efficient ways to travel over ground covered in snow and ice, enabling you to travel in Antarctica the same way that pioneering explorers like Amundsen and Shackleton did! On select departures, we'll endeavor to offer this activity once per voyage, at an ideal landing site during our expedition. Cross-country adventures last a few hours, so it is imperative to be in good physical shape. Ideally, in order to partake in this activity, you should have cross-country skiing experience; however, exceptions may be made for those deemed physically capable. While Quark Expeditions® provides the essential gear, you will be responsible for certain extras, such as additional warm clothing and a pair of quality sunglasses.

Included equipment:

- Skis with skins, 169 cm length
- Ski bindings, allowing skiers to strap in their muck boots rather than switch between muck boots & ski boots
- Ski poles (fixed length 120-125 cm)



WORLD EXPLORER & OCEAN ENDEAVOUR ONLY (select voyages)

STAND-UP PADDLEBOARDING

Combining surfing with kayaking or canoeing, stand-up paddleboarding will give you a very personal and unique perspective on Antarctica. Taken in small groups in good weather conditions on calm bays and harbours, with Zodiac accompaniment, reservations for one or two priority groups of 7 paddleboarders will be taken at time of booking, and other opportunities will be offered via sign-up onboard ship on a first-come, first-served basis as they arise during the expedition.

Included equipment:

- Paddleboard and paddle
- Dry suit and neoprene booties
- 10L dry bag
- Personal Flotation Device (PFD)

Included Activities

HIKING

Led by experienced staff, exploring on foot is the best way to appreciate the landscape, communities and shorelines.

LECTURES

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

POLAR PLUNGE

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

ZODIAC CRUISING

Zodiacs are the workhorses of polar expeditions, safely transporting guests to remote shorelines and shallow inlets—places the ships can't reach. Hopping in and out of them is super-easy.

PHOTOGRAPHY

Documenting your voyage so you can take the memories home is both rewarding and constructive. Plus, it is next to impossible to take a bad picture of the Polar Regions.

OTHER EQUIPMENT ON BOARD

Walking poles are provided at each landing for your convenience. Snowshoes may also be provided when conditions are favorable. This equipment is available at no cost.

What to Pack

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

CONSIDER THE WEATHER

You will be traveling to the coastal regions of 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® will loan you a free pair of Muck Boots to use for the duration of the expedition. These are a new option to the traditional “rubber” boot. They have neoprene uppers and a neoprene/polyurethane foot and are comfortable for walking all day.

WATER BOTTLE

Quark Expeditions® provides a flat-pack refillable water bottle for you to use during your voyage. Guests are welcome to bring their preferred water bottles as well. Please use the filling station on board your ship to stay hydrated.

THE QUARK EXPEDITIONS® PARKA

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

ESSENTIAL GEAR

BASE LAYERS

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

SOCKS

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

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

PANTS

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

MID LAYERS

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

GLOVES

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

HAT AND SCARF

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

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.

TO WEAR ON LANDINGS

- Base layers (wool or synthetic)
- Mid-layer warm/fleece top
- Mid-layer warm/fleece pant
- Wool and synthetic socks (3-4 pairs)
- Glove liners
- Waterproof gloves (2 pairs minimum)
- Scarf or other face protection
- Warm hat that covers ears
- Waterproof pants (mandatory for Zodiac cruising)
- Sunscreen
- Sunglasses with UV protection

ONBOARD

- Comfortable casual clothing (pants/jeans, shirts, sweaters)
- Lighter shirts in case the ship gets warm
- Comfortable non-slip close-toed unheeled shoes

LIST OF SUGGESTED ITEMS

- Waterproof, lightweight backpack or dry sac
- Swimsuit - for the polar plunge!
- Binoculars
- Camera with extra batteries
- Extra memory cards
- Earplugs, in case of noisy cabin mates
- Eye masks for sleeping
- Seasickness, indigestion, headache or other medicines or prescriptions
- Voltage adapters
- Extra pair of prescription glasses
- Plastic bags with zippers
- Small medical kit
- Small alarm clock or watch with an alarm
- Your preferred water bottle
- Fitness gear

SHOES

You will need a pair of shoes with nonslip soles when walking around the ship. Slip-on sandals, slippers or flip flops are neither safe nor suitable for wearing on board.

KNAPSACK OR BACKPACK

To keep your hands free when boarding 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.

SWIMSUIT

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

ONLINE GEAR SHOP

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

POLAR BOUTIQUE

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

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

Money Matters

CURRENCY ON BOARD

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

PAYMENT SYSTEM

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

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

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

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

CURRENCY ON LAND

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

Automated Banking Machines are available in Buenos Aires, Ushuaia and Punta Arenas. The currency of Argentina is the peso; however you will find that US cash and credit cards are accepted in popular tourist areas. The currency of Chile is the Chilean peso and US cash is not widely accepted so be sure to carry enough local currency or international credit cards with you when travelling. The currency in the Falkland Islands (Malvinas) and South Georgia is the British pound, and ABMs are few and far between, so carry cash or credit cards for making purchases.

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

CASH ON HAND

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

GRATUITIES, TAXES, PORT CHARGES

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

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.

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 safety drills and emergency evacuation procedures without the assistance of others.

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

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

INOCULATIONS

You do not require any inoculations for the destinations we visit on your expedition, however this is always subject to change. Please confer with your physician to be sure that your routine immunizations such as tetanus and diphtheria are up to date and ask your doctor if you should be vaccinated against Hepatitis A or B prior to traveling to 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 onboard who manages a medical clinic that is stocked with a supply of common prescription medicines and basic first aid equipment. If you are under regular treatment for any ailment, you must bring a sufficient supply of medicines for yourself. We cannot accept responsibility for not having a specific brand or type of drug on board.

HYDRATION

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

COMBATING MOTION AND SEASICKNESS

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

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

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

SAFETY AT SEA CHECKLIST

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

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



Daily Life during the Expedition

DAILY PROGRAM

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

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 presentations, as well as informal briefings, your Expedition Team will cover a range of topics including ornithology, marine biology, glaciology, geography, geology, history and the environment.

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

DAILY BRIEFINGS AND RECAPS

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

SHIP INFORMATION

For more information on the specifics of your ship, please refer to the Ship Book included in your final documents.

TIME ZONE

The ship will run on GMT-4 time, the same as in Ushuaia and Punta Arenas.

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 International Association of Antarctic Tour Operators (IAATO). We strongly encourage you to follow the link below and review the detailed IAATO's 'guidelines for visitors' document.

<http://iaato.org/visitor-guidelines>

GENERALLY, THE BASIC PRINCIPLES ARE:

- Leave no lasting signs of your visit
- Do not take anything with you
- Do not disturb the animals or birds
- Be safe and follow the direction of your Expedition Team

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

If you are not an avid photographer, not to worry, we have you covered. As a memento of your journey, Quark Expeditions® will create a photographic journal, accessible to all passengers, free of charge. Visit www.quarkexpeditions.com/en/photographic-journal and use your Quark Expeditions® reservation number to access your journal. Please allow time for the journal to be posted online. Photos from an Antarctic voyage should be available within 4-6 weeks after departure, but upload times do vary.

GEAR AND EXCESS BAGGAGE CHARGES

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

THE GOLDEN RULE OF POLAR PHOTOGRAPHY

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

HOW MUCH MEMORY IS TOO MUCH?

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

TIPS FOR PHOTOGRAPHERS

- Bring your laptop and a large thumb drive for sharing files and for backing up your memory cards.
- There are public computers, but the waiting times can be long if there are a number of photographers on your journey.
- Bring camera cleaning gear.
- Cold temperatures quickly eat up battery power. Carry batteries close to your body to keep them warm and bring plenty of spares or use rechargeable batteries if possible and bring the battery charger.
- Protect your photographic gear from the elements - risk of rain, snow and sea water splash means a waterproof bag is essential.
- Bring your flash - 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 onboard.
- You cannot purchase replacement batteries on the ship.
- A polarizing filter can be useful in the Polar Regions, but is not essential.
- Special bird shots may require a fast long lens.

Zodiac Landing Craft

During the expedition, you 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 heavy duty Zodiacs for landings and cruising. Each has a maximum capacity of 15 people; however, for your comfort we generally cruise with only 10 people in a Zodiac.

PROCEDURES FOR ZODIAC EXCURSIONS

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

Frequently Asked Questions

DO I HAVE TO BE IN GOOD HEALTH?

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

WILL THERE BE A DOCTOR ON BOARD? WHAT HAPPENS IF I GET SICK ON BOARD?

All our vessels have a clinic and carry an English-speaking doctor. Should you fall ill, the doctor will refer to the medical forms that you completed and returned to us, therefore it is vital that the information you provide is complete and accurate. There is no ship's nurse.

DO I NEED TO BE REALLY FIT TO JOIN ONE OF THESE EXPEDITIONS?

In general you do not need to be fit as 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 one Expedition Leader, plus a team of additional staff who will be a combination of specialist and Zodiac drivers. The ratio of guests to staff is generally about 9:1. Final numbers will depend on the itinerary.

WILL THE ACTUAL ITINERARY BE EXACTLY AS SHOWN IN THE BROCHURE OR IN THE DETAILED ITINERARY?

The unexpected is an everyday occurrence during a polar expedition, therefore our itineraries are meant solely as a guide. 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, a program is posted that informs you of the activities intended for the following day, but please be flexible as it may change.

IS THE VESSEL IN DANGER FROM ICEBERGS?

Icebergs can be a hazard for ships in certain areas of Antarctica; however the vessel's ice-strengthened hull was built for polar region exploration and its navigation systems are able to detect icebergs at quite a distance, enabling the Captain to change course as required. The speed and direction of the ship is adjusted in response to local water, ice and weather conditions.

DO WE KNOW WHAT ICE CONDITIONS WE WILL ENCOUNTER?

Though local conditions change on a daily basis, the Expedition Leader keeps well informed of ice conditions through constant communication with other vessels, local communities, and the ship's officers who consult ice charts provided by government agencies.

CAN YOU CATER TO VEGETARIANS? WHAT IF I HAVE SPECIAL DIET NEEDS, CAN THEY BE MET?

If you do not eat meat, there is a good selection of vegetables, pasta, grains and fruit available. We are able to meet most special dietary requests, as long as you have clearly indicated your dietary restrictions on the Medical Information Form well in advance of your voyage. However, kosher food cannot be prepared.

ARE THERE RESTRICTIONS ON WHAT CAN BE DONE WHILE ASHORE?

The governments of the countries through which we travel impose restrictions to protect the wildlife, the environment and the cultures of the people with whom we visit. 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.

Contact Information

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

CONTACT US BY PHONE

Monday through Thursday

730 am to 9 pm (Eastern Time)

Friday 730 am to 6 pm (Eastern Time)

Saturday 8 am to 4 pm (Eastern Time)

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7 DAYS A WEEK:

enquiry@quarkexpeditions.com or contact your personal Polar Travel Adviser.

Visit our website for more information on any of our expeditions:

www.quarkexpeditions.com



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