



The Leader in Polar Adventures

ARCTIC 2025

# West Greenland Ice Odyssey

---

Glaciers and Icebergs



**ULTRAMARINE**

DESIGNED TO GO BEYOND

# Contents

- 1 Overview
- 2 Itinerary
- 5 Arrival and Departure Details,  
and International Flight Planning
- 7 Your Ship
- 9 Included Activities
- 11 Adventure Options
- 13 Departure Dates
- 14 Inclusions and Exclusions
- 15 Your Expedition Team
- 16 Meals on Board
- 17 Possible Excursions
- 19 Packing Checklist



# Overview

## West Greenland Ice Odyssey: Glaciers and Icebergs

Immerse yourself along the dramatic coast of West Greenland, exploring deep into fjords and stunning islands. This trip features the best sites and ice-laden realms of West Greenland in just 10 days. You'll have opportunities to visit such towns as Sisimiut, Ilulissat and possibly Ittiteq, all rich in local culture. Find yourself coasting by massive glaciers and sculpted icebergs while enjoying all the comforts *Ultramarine* has to offer. At the peak of summer months, you'll enjoy long sunny days, clear vistas, and opportunities to see ringed, harp and possibly hooded seals, as well as various Arctic birds, including the black guillemot, Arctic tern, northern fulmar and snow bunting. It's also possible, in this region, to encounter whale species, such as humpback, minke and fin whales.

### EXPEDITION IN BRIEF



We'll take you deeper into Disko Bay and Eternity Fjords than any other operator



Experience the beauty of these landscapes from the air thanks to *Ultramarine's* twin-engine H145 helicopters



Experience Greenlandic culture by exploring with local partners



Visit three of Greenland's most picturesque, iconic regions in a single voyage



Join unique and immersive optional activities, such as mountain biking.





# Itinerary

## DAY 1 | ARRIVE IN REYKJAVIK, ICELAND

Arrive in the Icelandic capital and make your way to your included hotel. You will have the rest of the day to explore the city on your own.

## DAY 2 | FLY TO KANGERLUSSUAQ AND EMBARK

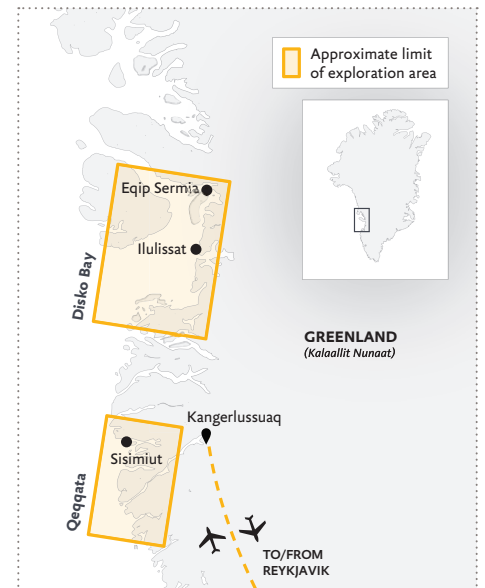
This morning you'll catch your charter flight to Kangerlussuaq, where you'll board your vessel and begin your expedition. Get ready for a great adventure ahead! Expect a welcome and safety briefing from your Expedition Leader.

Quark Expeditions' core belief in working closely with our local partners

will enhance every experience as we explore alongside local experts. We'll draw on our team's collective knowledge and expertise to deliver incredible experiences.

## DAYS 3-5 | DISKO BAY

Disko Bay is a wide, southeastern inlet of Baffin Bay and is the largest open bay in western Greenland. Try to get out on deck as we navigate into this iconic bay where whales are often spotted. Disko Bay is full of exciting destinations for us to explore. We will almost certainly visit the community of Illulissat, which is situated at the head of outlet fjord for Sermeq Kujalleq (Jakobshavn Glacier), known for discharging 35 billion tons



**WEST GREENLAND ICE ODYSSEY:**  
Glaciers and Icebergs  
Onboard *Ultramarine* ———  
Flight to/from Reykjavik - - - -



of ice each year. Declared a UNESCO World Heritage Site in 2004, the fjord is immensely beautiful and we will encourage you to explore it via one of the many marked hiking trails.

Another area we will consider for this itinerary is the wild beauty of Equip Sermia or Torsukatak Fjords, located in the northeast corner of Disko Bay. Both of these remote areas offer fantastic vistas of large active glacial faces and provide plenty of opportunities for hiking, paddling, and Zodiac cruising. This is also an area where, if conditions allow, we will consider utilizing our twin-engine helicopters to get you in the air to appreciate the immensity of this region.

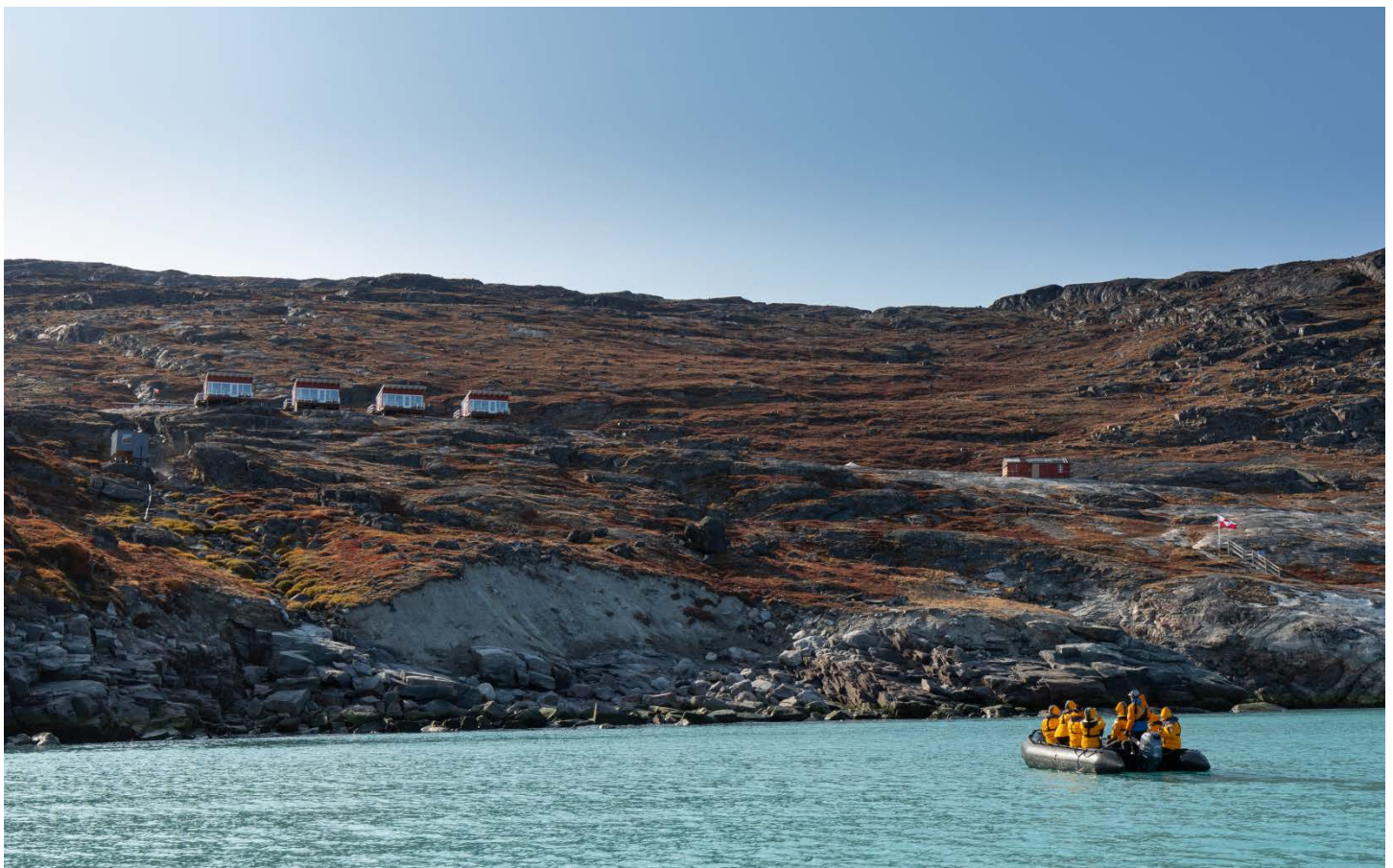
#### **DAYS 6-8 | QEQQATA**

Qeqqata (meaning centre) municipality is Greenland's second smallest administrative region. Situated in the middle of the country's western coast, Qeqqata is home to almost 20% of

Greenland's populace, most of whom reside in Sisimiut and Maniitsoq.

During these two days your expedition team will work with our local partners to curate a balance of community and wilderness-focused activities. We are likely to visit Sisimiut, where you can wonder through the open air museum, participate in local tastings or join a hiking group to venture beyond the town limits along one of many incredible hiking trails on Sisimiut's doorstep. This is where we will also offer the (paid) mountain biking activity.

Further south, our team will seek to take you beyond the ordinary and into these fjords for magical one-of-a-kind experiences, one of which is Eternity Fjord, which is home to the tallest mountains in all of West Greenland. Another fascinating community in this region is Itilleq. Surrounded by sea and mountains, Itilleq is located about a mile





(2 km) above the Arctic Circle.

The Quark Expeditions team has enjoyed a longstanding relationship with the people of Itilleq, who often gather and invite our staff and guests for a pick-up game of soccer or football.

### DAY 9 | KANGERLUSSUAQ DISEMBARKATION

Today, we disembark in Kangerlussuaq, formerly known as Søndre Strømfjord, and transfer you to your charter flight to Reykjavik, where you'll spend the night in your included hotel.

### DAY 10 | DEPART REYKJAVIK

Today, you can make your way home at your leisure or continue your independent explorations of Iceland.

### EXPEDITION SPIRIT

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







# Arrival and Departure Details, and International Flight Planning

		PM		PM	
<b>DAY 1</b>	<b>DAY 2</b>	<b>EXPEDITION DAYS</b>	<b>DISEMBARKATION DAY</b>	<b>FINAL DAY</b>	
International flight in* Arrival and hotel night	Charter flight to embarkation point and embarkation	On ship or landing days	Disembarkation, charter flight and hotel night	Leave hotel International flight onward	

\* Arrive anytime on Day 1 or earlier. Day 1 includes an optional briefing.  
 International flights are not included in the cost of the voyage.

As you prepare for your journey, you may be interested in your arrival and departure details. Since international air transportation is not included in the cost of your expedition, you have some flexibility in planning your flights.

## Arrival Day and Embarkation

### DAY 1 — ARRIVING AND HOTEL NIGHT IN REYKJAVIK

You may arrive at any time during Day 1 of the itinerary and make your way to the included hotel near Keflavik International Airport, a 40-minute commute from downtown Reykjavik.

### DAY 2 — TRANSFER TO AIRPORT, FLIGHT TO KANGERLUSSUAQ AND EMBARKATION IN KANGERLUSSUAQ

On the morning of Day 2, guests and their luggage will be transferred to the airport for the flight to Kangerlussuaq.

Upon arrival at Kangerlussuaq, guests and their luggage will be transferred to the pier, where they will be transported to their awaiting ship by Zodiac.

### PLEASE NOTE

There is a strict luggage weight limit on checked luggage and cabin baggage on the flights between Reykjavik and Kangerlussuaq. Should you have additional luggage, it can be stored at the hotel in Reykjavik. There is NO option to pay for additional luggage.

### You will find in your final documents:

- › Luggage weight restrictions on charter flights.
- › Hotel information and check in time
- › Charter flight time to embarkation point
- › Embarkation plan
- › Departure charter flight time

## Final Day and Departure

### DISEMBARKATION IN KANGERLUSSUAQ

Your voyage is scheduled to end back in Kangerlussuaq where you will disembark after breakfast. The disembarkation process takes about an hour. After disembarkation, you will be transferred to the airport for the return charter flight to Reykjavik.

### DEPARTING FROM REYKJAVIK

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

## Arrival and Departure Transfers

### REYKJAVIK AIRPORT TRANSFERS

Arrival and departure transfers in Reykjavik are not included; if you require a transfer, you will need to arrange your own transportation. Most airports we travel in and out of have reliable taxi ranks in the arrivals area, or you can often pre-book a transfer online.

### PLEASE NOTE

#### Included Hotel Accommodations:

Your final night's included accommodation will be provided at a hotel close to Keflavik International Airport, outside the city of Reykjavik. If you are arriving prior to Day 1 of your expedition or are staying after the disembarkation day and would like to extend your stay, you can book directly with the hotel or through a third party.







# Your Ship

## ULTRAMARINE

The newest ship in our fleet, *Ultramarine* is designed to go beyond the familiar in polar exploration, to immerse guests in parts of the Polar Regions where few humans have ever set foot.

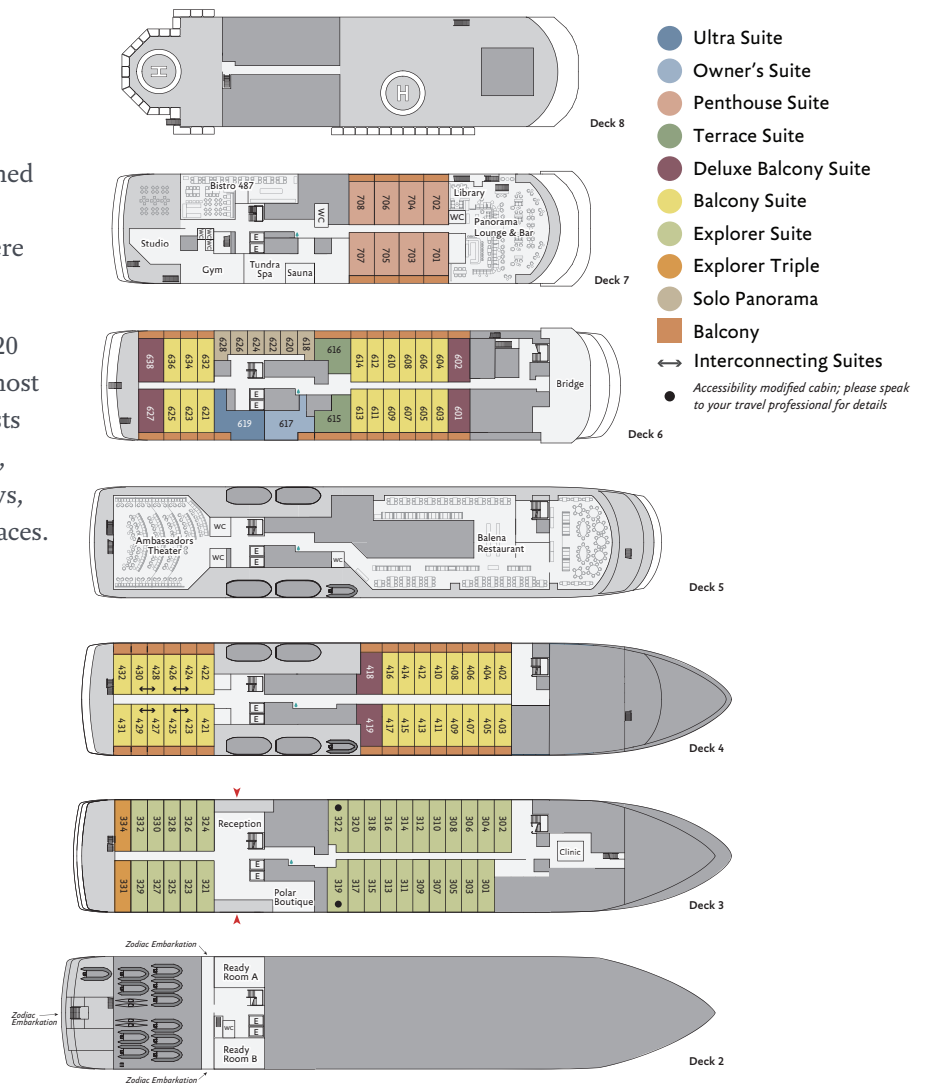
Equipped with two twin-engine helicopters and 20 quick-launching Zodiacs, *Ultramarine* offers the most off-ship adventure activities in the industry. Guests can enjoy two restaurants (Balena and Bistro 487), Tundra Spa, a sauna-with floor-to-ceiling windows, spacious suites and abundant wildlife-viewing spaces. *Ultramarine* also features advanced sustainability systems—which exceed all industry standards.

*Ultramarine* is perfectly designed to deliver the ultimate polar expedition experience.

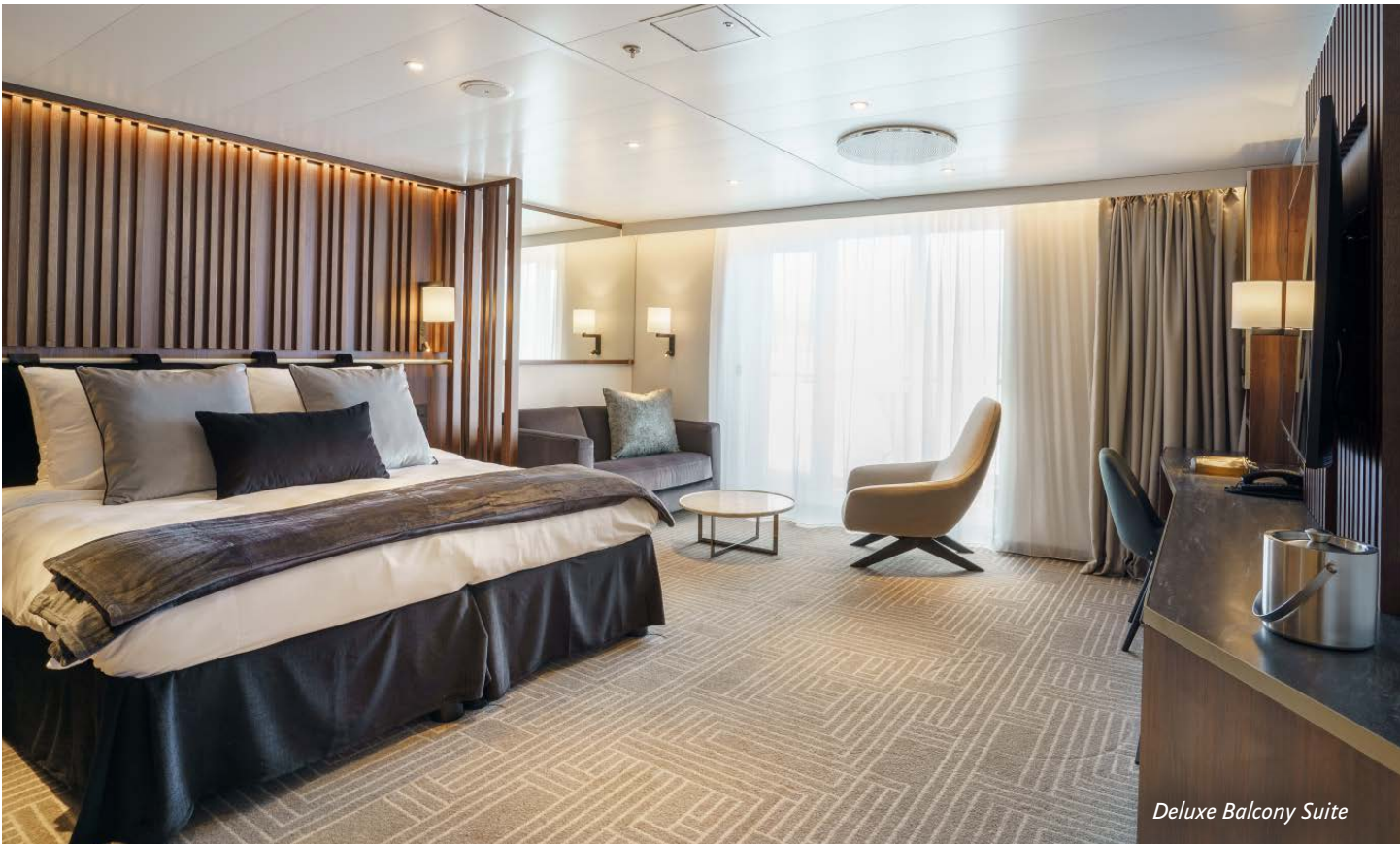
### SHIP SPECIFICATIONS:

- Staff and Crew: 140
- Guests: 199
- Lifeboats: 4, fully enclosed
- Ice Class: PC6

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







*Deluxe Balcony Suite*



*Sauna*



*Panorama Lounge*



*Fitness Center*



*Balena Restaurant*





# Included Activities

All of these activities are included in the price of your trip.



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

## FLIGHTSEEING

While polar landscapes are spectacular from the sea, they're even more stunning from the air, a view you can enjoy while seated in one of the two twin-engine helicopters stationed on *Ultramarine*. Typically in groups of 6-9, you will experience an unforgettable aerial tour of the Arctic during a 10- to 15-minute flightseeing excursion that's included in the cost of the voyage. Additional helicopter activities may also be available for purchase on board. Please note: all helicopter operations are weather- and logistics-dependent.

## ZODIAC CRUISING

Zodiacs are the workhorses of polar expeditions, taking you to places the ships can't access, allowing you to reach remote shorelines, explore shallow inlets and search for wildlife. Expedition staff make stepping in and out of them safe and comfortable, and your Zodiac drivers will provide active interpretation, making the landscape come even more alive.

## HIKING

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





### **PRESENTATIONS**

Enjoy daily chats with and presentations by our world-class onboard polar experts—expedition guides, specialists, photography guides and other special guests who will introduce you to the fascinating history, biology, ornithology, glaciology and geology of the region, and much, much more.

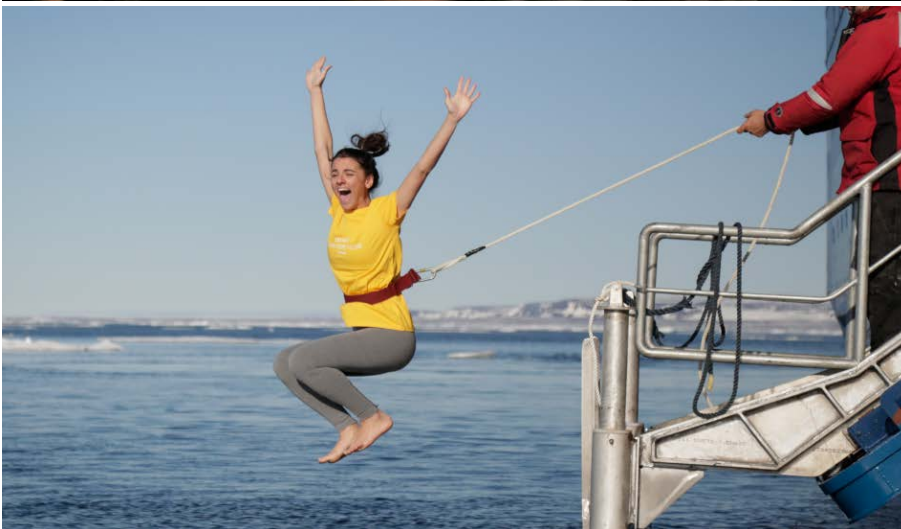
### **POLAR PLUNGE**

This rite of passage, scheduled only once per expedition, gives you the chance to jump safely into the bracing Arctic waters under the watchful eye of our staff—and just about every single camera on board!

### **PHOTOGRAPHY**

Documenting your voyage so you can take the memories home is a rewarding experience. Our photography guides will help you hone your skills to capture the beauty of the polar regions.

*Contact your Polar Travel Adviser or your Travel Professional for more information about your Included Activities and Adventure Options, including the necessary experience, physical requirements and cost.*







# Adventure Options

All of these activities cost extra and should be booked in advance of your trip.



## SEA KAYAKING

Imagine gliding across the surface of a bay in the presence of icebergs and glaciers. Our Sea Kayaking program is a great way to intimately explore your surroundings. A small group of kayakers will plan to go out multiple times per voyage as an alternative to shore landings or Zodiac cruises.

The number of opportunities to kayak is weather dependent, and will be conducted only during calm conditions. Prior kayaking experience is required, and you must be able to do a wet exit to participate. Beginners interested in kayaking should consider participating in the Paddling Excursion.



## PADDLING EXCURSION

If you're interested in kayaking but would like to try something a bit less demanding than Sea Kayaking, you're the perfect candidate to sign up for a one-time paddle on our stable sit-on-top kayaks—perfect for anyone with minimal or no kayaking experience. Small groups of passengers will be taken out on calm days, with our expert guides always present to provide instruction and help you connect with the polar sea. Two groups of 10 will be pre-booked, and once successfully completed, any subsequent outings will be offered via lottery on board.



## MOUNTAIN BIKING

Feeling like a more active adventure? Our team has joined with local partners to identify incredible mountain biking routes through the stunning scenery just beyond the town boundaries of Sisimiut, Greenland. While others explore the community our expert guides and local partners will take you to the best terrain to start your adventure and be with you throughout the activity.

Participants must be fit and comfortable biking on dirt roads and trails. Riders should expect a combination of wide trails and remote gravel roads. Riders should be able to roll over small obstacles (like roots or rocks), and shift gears comfortably when anticipating and responding to changing terrain.



## TUNDRA TO TABLE

Our ground-breaking Tundra to Table experience offers guests a one-of-a-kind adventure into the culinary traditions of the Inuit in Greenland and Nunavut. You'll savor food made with ingredients direct from the sea and surrounding Arctic land—prepared by local chefs. Enjoy an evening of Inuit storytelling as you dine on traditional dishes of the Inuit of Greenland and Nunavut, including beer-braised muskox served with Greenlandic mashed potatoes, and pickled halibut served with lumpfish dip and bread. Our on-ship Tundra to Table experience is the only exclusively Inuit culinary offering of its kind in the world.

### PLEASE NOTE

For all paid activities pre-booking is required. We recommend booking early as spaces fill quickly.





# Departure Dates

West Greenland Ice Odyssey: Glaciers and Icebergs

**ULTRAMARINE**

<i>Dates</i>	<i>Days</i>	<i>Start / End</i>	 Flightseeing	 Sea Kayaking	 Paddling Excursion	 Mountain Biking	 Tundra to Table
--------------	-------------	--------------------	-----------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------

**ARCTIC 2025**

AUG 10 - 19, 2025	10	Reykjavik	Included	\$	\$	\$	\$
-------------------	----	-----------	----------	----	----	----	----

\$ Paid Activities



# Inclusions and Exclusions

## Inclusions

### RATES INCLUDE:

- Leadership throughout your voyage by our experienced Expedition Leaders, including shore landings and other activities
- An official Quark Expeditions® parka to keep
- All Zodiac transfers and cruising as per the daily program
- All shore landings as per the daily program
- Shipboard accommodation with daily housekeeping
- All meals, snacks, soft drinks and juices on board throughout your voyage (Please inform us of any dietary requirements as far in advance as possible. Unfortunately, the ships' galleys cannot prepare kosher meals.)
- **NEW** Free beer, standard wines, spirits, and cocktails during bar service hours and dinner
- Complimentary coffee, tea and cocoa available around the clock
- Formal and informal presentations by our Expedition Team and guest speakers as scheduled
- A photographic journal documenting the expedition
- A pair of waterproof expedition boots on loan for landings and Zodiac cruising excursions
- Hair dryer and bathrobes in every cabin
- **NEW** Complimentary Wi-Fi service on one device permitting basic Internet browsing, email, posting on social media and voice applications. (Premium packages are available for more data-intensive applications.)
- All miscellaneous service taxes and port charges throughout the program
- All luggage handling aboard the ship
- Emergency Evacuation insurance for all passengers to a maximum benefit of USD \$500,000 per person
- Greenland voyages cruise passenger tax

### \*MANDATORY TRANSFER PACKAGE INCLUDES:

- One night's pre-expedition hotel accommodation in Reykjavik
- Charter flight from Reykjavik to Kangerlussuaq
- Group transfer from the ship to the Kangerlussuaq airport on disembarkation day
- Charter flight from Kangerlussuaq to Reykjavik
- One night's post-expedition airport hotel accommodation in Keflavik

## Exclusions

### RATES SPECIFICALLY DO NOT INCLUDE:

- Mandatory Transfer Package\*
- International airfare
- Arrival transfers in Reykjavik
- Passport and visa expenses
- Government arrival and departure taxes not mentioned above
- Meals ashore unless otherwise specified
- Baggage, cancellation, interruption and medical travel insurance—strongly recommended
- Excess-baggage fees on international and domestic flights
- Mandatory waterproof pants for Zodiac cruising, or any other gear not mentioned
- Laundry, bar and other personal charges unless specified
- Phone charges may vary by location
- Voluntary gratuity at the end of the voyage for shipboard staff and crew
- Additional overnight accommodation
- Adventure Options not listed in Included Activities





## Your Expedition Team

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

With over 30 years of experience bringing passengers to remote polar regions and an industry-leading staff-to-guest ratio, we know how to safely handle the unexpected. Ensuring this hard earned experience is passed on, our expedition staff receive comprehensive training in Quark Academy, which provides hands-on polar expedition training prior as part of our onboarding process as well as ongoing training for experienced staff.



## Raise a Glass and Stay Connected!

See below for specifics on our complimentary Wi-Fi and bar service, which takes effect November 2024.



# Meals on Board

If there is one constant on board, it is that you'll enjoy delicious meals daily. While meal times may change due to landings and wildlife encounters, you'll always be served three well-prepared meals per day. Most dietary restrictions can be accommodated by letting us know prior to your expedition.

Balena Restaurant, the main diningroom on Deck 5 of *Ultramarine*, features tables that accommodate 2 to 10. Guests can enjoy a quiet dinner with a loved one or join a larger table of new friends. Guests will enjoy views from every seat in addition to direct access to the wraparound deck. Guests can also enjoy a meal in Bistro 487, which offers an indoor/outdoor dining experience—perfect for enjoying the polar landscapes.

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

Complimentary coffee, tea, cocoa and water stations are available around the clock, while soft drinks and juices are available during meals and when the bar is open—all included in the cost of your package.

**NEW** Enjoy free beer, standard wines, spirits, and cocktails during bar service hours and dinner as part of our new “Raise a Glass and Stay Connected Free” program. Premium wines and champagne are available at extra cost and can be billed to your shipboard account. The well-stocked bars on the ship are open late morning, afternoon and evening, though hours may occasionally change to accommodate the expedition schedule.







# Possible Excursions

When traveling in extremely remote regions, your Expedition Team must consider the sea, ice and weather to guide the route and itinerary details. The following sites are a sample of what you may experience on your expedition, whether by ship, Zodiac cruise, or shore landing.

## West Greenland

### DISKO BAY

Disko Bay is the largest open bay in western Greenland. It measures 150 kilometers from north to south, 100 kilometers from east to west and has average depth of 400 metres. After the disappearance of the Norse in the 15th century, the Thule, ancestors of modern Inuit, established themselves in the Disko Bay area and Europeans did not reappear until Danish colonization in the 18th century, apart from an English expedition in 1587. The nutrient-rich waters of Disko Bay sustain abundant marine life, such as

capelin and cod fish, and migratory seals such as harp, ringed, hooded and bearded seals. The bay is also a gathering place for humpback and bowhead whales.

### EQIP SERMIA

With an ice front of just under 2.5 miles (4 km), Eqip Sermia is a truly massive glacier, with huge chunks of ice seen—and heard—calving into the water below. Navigating the narrow sound on the way to the glacier requires traversing ice-clogged water, which produces an ethereal feeling as bergs glide around the ship's hull.

### QEQERTARSUAQ

One of the oldest settlements in Greenland, Qeqertarsuaq was settled by whalers in 1773, but archeological evidence suggests that people lived here at least 6,000 years earlier. The town and surrounding area stand apart as the island's only volcanic region. The area



offers unusual geology and colorful landscapes, with particularly lush vegetation. More than half of Greenland's plant species are found here, tucked between columns of basalt rock and black sand beaches littered with ice fragments. In town, you don't want to miss Qeqertarsuaq's Vorherres Bleaekhus, which hosts musical performances by resident artists. Local guides will also lead walking tours to visit the church, Qeqertarsuaq's shopping area and businesses, and the local museum. If time and weather permit, there's the chance of an extended hike to the incredible basalt columns 10 km down the coast. This hike isn't for the faint of heart.

### ILULISSAT

Ilulissat (formerly Jakobshaven) lies approximately 350 km north of the Arctic Circle. With a population of over 4500, it is the third-largest city in Greenland, after Nuuk and Sisimiut. Founded by Danish trader Jacob Saverin as a trading post in 1741, Ilulissat today is a center for shrimp-fishing in the region. Directly translated, "Ilulissat" is the Kalaallisut word for "icebergs." The town is

situated 2 km north of the legendary Ice Fjord, through which colossal icebergs travel out to sea. Ilulissat is also the birthplace of noted polar explorer and anthropologist Knud Rasmussen, Greenland's revered native son. You'll be able to enter the house where he was born in 1879 as it's now a small museum dedicated to his achievements. From 1906 until the early 1930s, Kununnguaq, or "Little Knud," devoted his life to Arctic studies. His greatest achievements included the Danish Ethnographical Expedition to Arctic North America, also known as the Fifth Thule Expedition, which enabled Rasmussen and his team to take archaeological, geographical and natural history data from Greenland right across the North American Arctic.

### SISIMIUT

Sisimiut is located just above the Arctic Circle on the west coast of Greenland, approximately 320 km north of Nuuk. The second-largest city in Greenland, Sisimiut has been inhabited for thousands of years. It's a city of contrasts: in a single day you can walk in the footsteps (and observe the

homes) of prehistoric peoples, and next you'll visit one of Sisimiut's fashionable craft stores where you can purchase art that combines traditional and modern techniques. Sisimiut means "the residents at the foxholes." The site has been inhabited for the last 4500 years, first by peoples of the Saqqaq culture, then Dorset culture, and then the Thule people, whose Inuit descendants form the majority of the current population.

### ITILLEQ

Surrounded by sea and mountains, Itilleq is situated about a mile (2 km) above the Arctic Circle, in a scenic hollow on a small island. It's also known as a welcoming community, where you might experience kaffemik, a Greenlandic tradition of inviting visitors in for coffee, cakes and conversation. Stroll by the town's charming wooden houses which are painted in a rainbow of colors, chat with the locals, and maybe challenge them to a game of football (soccer)—it won't be long before you're experiencing Itilleq's famous friendly vibe.



### EXPEDITION SPIRIT

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



# What to pack on your Greenland expedition

## BY SEA AND AIR

All transfers ship to shore, helicopter flights and Zodiac/ship cruising.

- Waterproof pants (mandatory for every Zodiac and helicopter ride)
- Base-layer wool or synthetic top\*     Mid-layer warm or fleece bottom\*
- Base-layer wool or synthetic bottom\*     Mid-layer warm or fleece top\*
- Warm hat that covers ears (bring an extra)
- Scarf, buff, or other face protection
- Warm wool or synthetic socks (keep a dry pair in your bag, and bring extras for layering)
- Waterproof gloves or mitts (bring an extra, lighter pair for hiking)
- Glove liners\*     Hand and feet warmers\*     Binoculars
- Polarized sunglasses with UV protection (consider bringing an eyewear retainer: string/clip etc.)
- Sunscreen     Ski goggles (for Zodiac cruising on snowy or windy days)
- Waterproof, lightweight backpack or dry sack and/or rain sleeve for camera or a waterproof phone case (to keep camera & gear dry)

\*recommended layering depending on the conditions of the day and reflecting your personal thermo-regulation comfort levels.

## BY LAND (Shore Excursions and Hiking)

In addition to the gear requirements (as above) mandatory for the transit from ship to shore, it is recommended to bring:

- Worn-in Hiking footwear: While Muck-boots are provided and encouraged for most shore excursions, additional hiking footwear (Goretex-lined boots or similar water-proof hiking boots) can add to your hiking comfort, especially if you are a keen hiker
- (Smart) Wool or synthetic hiking socks for above footwear (bring an extra pair)
- Lightweight and quick-dry, trekking pants that may or may not convert to zip-off shorts\* (\*depending on your thermo-regulation)
- Breathable waterproof pants\* and rain jacket\*\* for outdoor activities in inclement weather (\*can be the same pair you use for Zodiac operations / \*\* can be outer shell of complimentary Quark 3in1 Parka)
- Comfortable long or short-sleeve shirt for hiking either synthetic/quick-dry or merino (smart) wool
- (Hiking) gloves (medium thickness, waterproof preferred)
- Hat, buff or scarf (for wind and weather protection)
- UV protection (hat, polarized sun glasses, sun block, lip balm)
- Collapsible walking sticks for hikes (if required)  
Quantities are available to borrow on every vessel
- Additional reusable thermos or water bottle  
(in addition to the reusable collapsible water bottle provided)

**WHAT TO BRING!** Packing for the Polar Regions doesn't have to be daunting, and to make it easier for you, all Quark Expeditions voyages include a Quark parka to keep, and a loan of insulated waterproof boots. Additional suggested items include:

## TO WEAR ON BOARD

- Comfortable casual clothing like lighter shirts, pants or jeans, etc. (in case the ship gets warm)
- Comfortable non-slip closed-toed, heelless shoes (flip flops, sandals or slip-on shoes should not be worn on board due to safety concerns)
- Workout attire (for the fitness center and other indoor activities)
- Swimsuit (for the Polar Plunge! Some vessels may also have a pool, hot tub, sauna and/or steam room. See your ship book for details.)

**Just a reminder:** No formal evening wear required on our voyages but if you would like to bring something a little more dressy for the Captain's welcome and farewell cocktails you may certainly do so!

## ADDITIONAL ITEMS

- Passport, visas, immunization records, travel documents, etc. as required
- Camera gear—complete with charger, storage medium, transport & cleaning kit (lens cloth etc.) and extra batteries
- Waterproof cell phone case or rain sleeve for camera
- Earplugs and eye masks for sleeping
- Voltage converters and plug adapters (see ship book for details)
- Moisturizer for face and hands (skin dryness due to wind and temperature changes)
- Seasickness, indigestion, headache, or other medications
- Small amount of local currency (see pre-departure book for more details)
- Insect repellent     Mosquito netting



Scan this QR code or [click here](#) to watch our video on what to pack before you go!

- › To view our packing checklist online, visit: [QuarkExpeditions.com/What-to-Pack/Greenland](https://www.quarkexpeditions.com/What-to-Pack/Greenland)
- › Related topics are covered on our Frequently Asked Questions page: [QuarkExpeditions.com/Frequently-Asked-Questions](https://www.quarkexpeditions.com/Frequently-Asked-Questions)

## WEATHER CONDITIONS & TEMPERATURES

Polar weather is extremely variable; temperatures may hover around the freezing mark and winds can be strong. The extended daylight warms sheltered areas so that you may sometimes find it warm enough for t-shirts. However, you may encounter rain, snow squalls, fog and white-outs during an expedition and should be ready for any conditions.



The Leader in Polar Adventures

TO BOOK YOUR NEXT ADVENTURE

Contact your **Travel Professional**  
or a **Quark Expeditions® Polar Travel Adviser**

**TOLL FREE AND LOCAL NUMBERS:**

North America (Toll Free) **1 888 332 0008**

U.K. Tel **+44 203 514 2712**

U.K. (Toll Free) **0 808 120 2333**

Australia Tel **+61 2 72580333**

Australia (Toll Free) **+61 1800 953518**

France Tel **+33-1 80 14 01 05**

France (Toll Free) **08 05 08 66 46**

**QuarkExpeditions.com**



Photos captured with a telephoto lens from a responsible distance, following regulatory/AECO guidelines.

**PHOTO CREDITS:** (over all Expedition Brochures for the Arctic 2025 season):  
Acacia Johnson; David Merron; Nicky Souness; Samantha Crimmin; Sam Edmonds; Michelle Sole;  
Cindy Miller Hopkins; Sue Flood; Hugo Perrin; Peter Lindstrom; Visit Greenland; Nicolas Singh;  
Rogelio Espinosa; Grange Productions; Fokus Productions; Adobe Stock; iStock

EXPEDITION BROCHURE  
September 10, 2024