

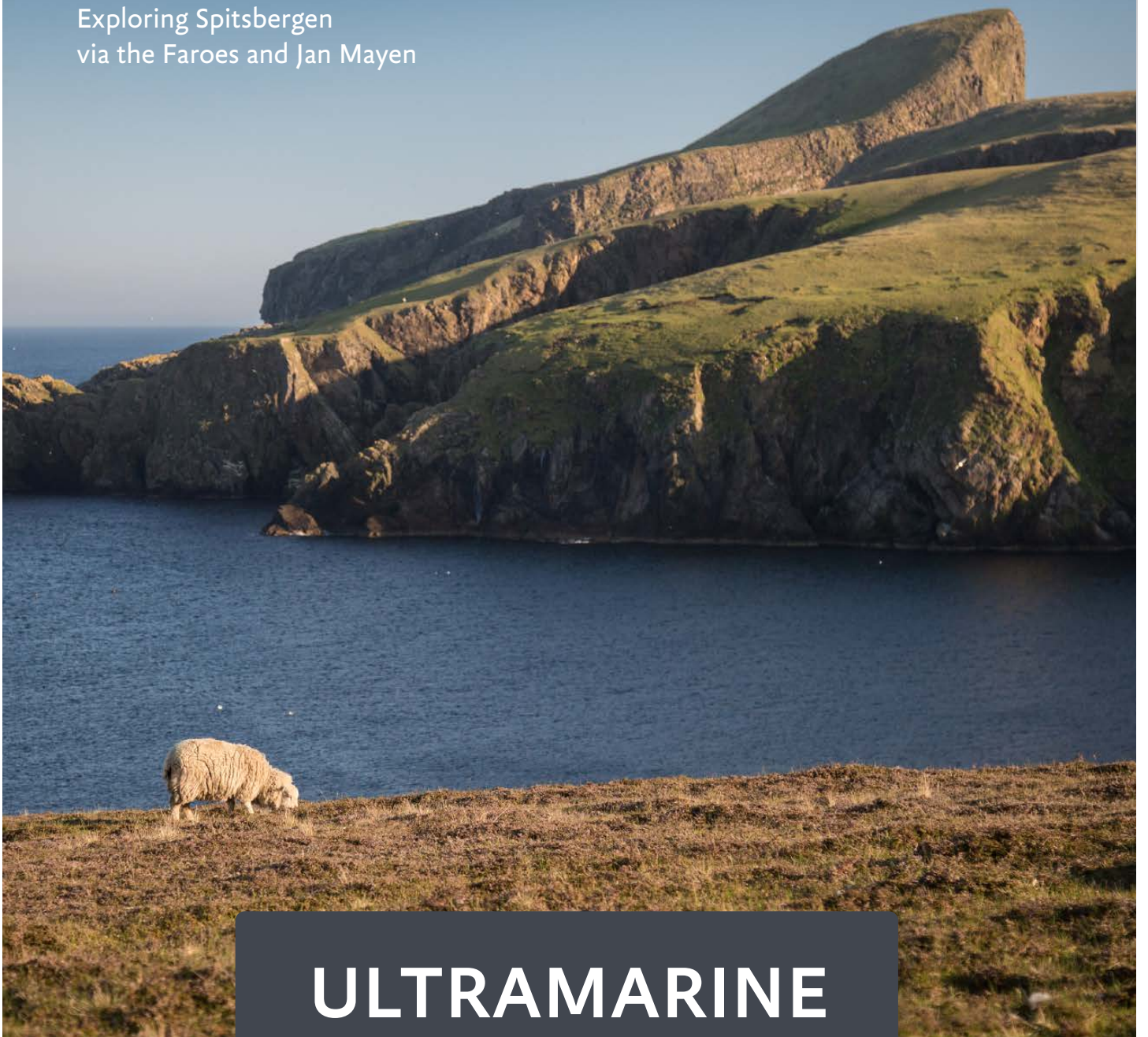


The Leader in Polar Adventures

ARCTIC 2025

Arctic Saga

Exploring Spitsbergen
via the Faroes and Jan Mayen



ULTRAMARINE

DESIGNED TO GO BEYOND

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Overview

Arctic Saga: Exploring Spitsbergen via the Faroes and Jan Mayen

Ideal for first-time guests to the polar regions, *Arctic Saga: Exploring Spitsbergen via the Faroes and Jan Mayen* allows you to venture to some of the most remote islands on Earth, observe fascinating history and culture, and experience the dreamlike wonder of the midnight sun. Sailing across the North Atlantic, you will be immersed in the Arctic's rugged beauty, highlighted by visits to the awe-inspiring and unspoiled destinations of Fair Isle, the Faroe Islands, Jan Mayen and Spitsbergen.

Prepare to be amazed by an environment different from anything you've ever witnessed, featuring immense fjords, towering glaciers, soaring sea stacks and coastal cliffs teeming with seabirds by the thousands. Observe reindeer, seals and whales in their natural habitat. Guided by the most knowledgeable and passionate team in the industry, go where few others have gone, and return forever changed by the rich history, distinct culture and unforgettable backdrop of the Arctic.

EXPEDITION IN BRIEF



Follow in the footsteps of the Norsemen on Fair Isle and the Vikings in the Faroe Islands



Explore the volcanic and glacier-covered Jan Mayen island, in the heart of the North Atlantic Ocean



Encounter iconic Arctic and north Atlantic wildlife, such as puffins and other seabirds, reindeer, and whales



Cruise in a Zodiac to explore diverse landscapes and wildlife



Itinerary

DAY 1 | ARRIVE IN ABERDEEN, UNITED KINGDOM

Arrive any time on Day 1 and make your way to your included hotel. The gateway for your Arctic adventure, the Scottish city of Aberdeen has many monikers, but its most famous is Granite City, as it was once the granite capital of the world. Wandering the streets, you'll soon see why, as the Victorian buildings sparkle in the sun. A bustling cultural hub, Aberdeen also offers a range of museums, galleries, theaters, shops, cafés and restaurants to explore.

DAY 2 | EMBARK

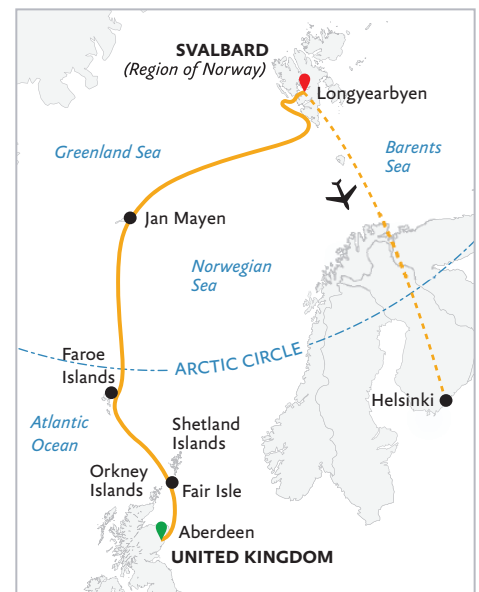
Today you will have some free time before being transferred to the port to board your ship. As you set sail this afternoon, you'll want to be out on deck, camera in hand—the area's coastal waters

offer excellent possibilities for spotting bottlenose and white-beaked dolphins, harbor porpoises and minke whales.

DAY 3 | EXPLORING FAIR ISLE

The U.K.'s most remote inhabited island, the extraordinary Fair Isle is located halfway between the Shetland and Orkney Islands. Boasting a rugged beauty, Fair Isle's landscape is diverse, with fields and moors dominated by seaside cliffs and an astounding number of sea stacks, natural arches and caves.

Despite its small size, the island offers activities for history, nature and photography buffs alike. Visit the museum to immerse yourself in local artifacts, photos, knitwear and other historic memorabilia. Don't forget to snap a shot of the circa 1935 classic red phone booth by the post office!



ARCTIC SAGA
Exploring Spitsbergen via the Faroes and Jan Mayen
Onboard *Ultramarine*

In terms of wildlife, orcas are native to the waters around Fair Isle, and they sometimes come close in pursuit of seals. But the island is best known for its coastal cliffs teeming with seabirds in spring and summer. The star attraction is the Atlantic puffin, a clown-like bird that burrows in nests in the grassy flat tops of the island's cliffs. Photographers will surely want to capture pictures of their bemused expressions, and Fair Isle's easily accessible grassy banks make it one of the best places in the Shetlands (if not the entire Scottish Isles!) to observe these colorful creatures. Northern fulmars, kittiwakes, storm petrels, razorbills and guillemots may be spotted soaring over the open waters.

Visitors to this community of crofters, artisans and artists may be able to pick up a traditional Fair Isle sweater to keep warm during the rest of your Arctic voyage.

DAYS 4 & 5 | EXPLORING THE FAROE ISLANDS

Known for its beautiful, unspoiled landscape, with verdant pastures giving way to rugged, steep cliffs, the Faroe

Islands have a storied past, though the details of the archipelago's early history remain mysterious. The first settlers may have been seventh-century Irish monks seeking solitude on these islands far removed from any continent. Their isolation ended in 800 AD, with the arrival of Norse farmers, and Norwegian colonization continued throughout the Viking Age. Today, many of the inhabitants of the Faroe Islands, now a self-governing country within the Kingdom of Denmark, are descendants of Norwegian Vikings, and speak Faroese, a descendant language of Old Norse.

We will have two days to explore this seldom-visited archipelago made up of 18 rugged islands located about halfway between Scotland and Iceland. The mighty North Atlantic is omnipresent wherever we go with no place on the Faroe Islands farther than 3 miles (5 km) from its shores. The sea has always dominated life on the Faroes—throughout history as much as today: rich fisheries, magnificent ocean views

and thriving sea bird colonies make up this rare Nordic jewel—often referred to as Europe's best kept secret.

We will spend a day exploring the outer islands of the archipelago, separated by narrow sounds and fjords, and delight in their surreal landscapes, dramatic cliffs, and rock formations. You'll see green valleys engulfed by steep mountains, protecting picturesque villages with colorful turf-topped homes. Wind, weather and sea conditions will influence and shape our activity options, but we will of course always keep our eyes out for marine and bird life, especially the iconic Atlantic puffin.

Our second day in the Faroes will be dedicated to the capital city of Tórshavn, where the Vikings established their government in 825 AD. One of the world's smallest capitals, the picturesque Tórshavn has a relaxed vibe and a number of historical and cultural sites. Meander the maze of narrow laneways of the Old Town, admiring the quaint wooden houses with traditional sod roofs and white paned windows. If



you're looking for more action, a hike to historic Kirkjubøur not only unlocks some of the country's best medieval history but also rewards with sweeping views over the southern islands of Koltur, Hestur & Sandur. Or perhaps you'll prefer to wander the charming harbor, filled with cafés, pubs and old warehouses, and simply gaze out at the sea while sipping a latte.

DAYS 6 & 7 | CRUISING

Say goodbye to the Faroes as we cruise toward the world's most northerly volcanic island, Jan Mayen. There are several activities to keep you engaged while at sea. Learn to identify seabirds gliding alongside your ship, attend dynamic presentations by your Expedition Team, relax in our polar library or simply spend some time on deck, admiring the ocean views. With your binoculars and camera at the ready, keep your eyes peeled for the blow of a humpback, blue or fin whale. Encounters with minke whales or orcas are also

possible, since their curiosity can bring them near the ship. If you're lucky, you may even see harp seals.

DAYS 8 & 9 | EXPLORING JAN MAYEN

North of the Arctic Circle, about 280 miles (450 km) east of Greenland and 340 miles (550 km) north of Iceland, the mysterious Jan Mayen rises from the depths of the North Atlantic Ocean. Often shrouded in thick fog, the small mountainous island was declared a nature reserve in 2010 and is rarely visited, save for the 18 rotating personnel of the Norwegian military and Norwegian Meteorological Institute, who are the only year-long inhabitants, save for some additional personnel during the summer.

Landing here will be dictated by the weather and sea. If conditions allow, as we approach, keep watch on deck as the spoon-shaped island's highest summit emerges. At 7,470 feet (2,277 meters) high, the breathtaking Beerenberg volcano features a symmetrical cone shape and impressive glaciers that spill into the sea.

During the summer months, the island's lower landscape is covered with grass, moss and a smattering of hardy flowers that add a burst of color to the otherwise barren black lava terrain.

One site we hope to visit is Olonkinbyen and the surrounding area. Named after Russian-Norwegian polar explorer Gennady Olonkin, it's the island's only settlement and the location of the meteorological station, where you may have the chance to learn about polar research while seeing how weather is monitored at the top of the world. Another option might be the black sand beach at Kvalrossbukta, where the remnants of a 17th-century Dutch whaling station and a large northern fulmar colony can be found. In 1632, two Basque ships landed at the small bay and plundered the station. A Dutch party was sent here the following year to protect the land stations during winter, but all seven men perished from scurvy. Whaling in the area came to an end about 20 years later.



If conditions permit, we may view the volcano and the stratified cliffs of the spectacular north coast as we Zodiac cruise around the island, searching for wildlife. Designated an Important Bird Area by BirdLife International for the large numbers of breeding seabirds, Jan Mayen supports colonies of northern fulmars, little auks, glaucous gulls, kittiwakes, and black and Brünnich's guillemots (thick-billed murre). And if we are fortunate, you might see "sea parrots," the Atlantic puffin again. The waters here are rich feeding grounds for marine life, so keep a lookout for minke, fin, blue or humpback whales.

DAY 10 | CRUISING

As we sail farther north, spend some time with your shipmates in the lounge, swapping stories and photos, or take the opportunity to learn about the regions travelled with your experienced and knowledgeable Expedition Team.

DAYS 11 - 13 | EXPLORING SPITSBERGEN, SVALBARD

Rugged, wild and situated entirely within the Arctic Circle, the largest island of the Svalbard archipelago is unforgettable.

From immense glaciers to lush tundra to polar deserts, the landscape here is as varied as the wildlife.

As we explore the fjords of the southwestern corner of this magical island, it won't take long for you to see firsthand why Spitsbergen is the "wildlife capital of the Arctic." Some areas we hope to visit include Hornsund and Bellsund fjords and Hornbreen Glacier.

The possible landing sites at Hornsund, the island's most southerly fjord, have rich histories. You may visit Isbjornhamna, a bay at the entrance of the fjord, where we hope to explore colonies of delightful little auks. You may also spot Svalbard reindeer and hike to a viewpoint for views of calving glaciers.

A 12-mile (20 km) long sound, Bellsund lured miners a century ago to its natural resources. Today, visitors come to Bourbonhamna and Calypsobyen to see historic mining and trapper sites and marvel at the magnificent vistas. It may also be possible to hike along the colorful tundra, dotted with flowers bursting for a taste of sunshine, and discover old whale bones.

DAY 14 | DISEMBARK IN LONGYEARBYEN & FLY TO HELSINKI

The time has come to say farewell to your newfound friends and Expedition Team. After disembarking, spend the day exploring the frontier-style settlement of Longyearbyen before catching the charter flight to Helsinki.

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 and weather to guide the route and itinerary details. This itinerary is a tentative outline of what you may 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 guaranteed.





Arrival and Departure Details, and International Flight Planning



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 ABERDEEN

You may arrive in Aberdeen at any time during Day 1 of the itinerary and make your way to the included hotel.

DAY 2 — EMBARKATION IN ABERDEEN

On the morning of Day 2, your luggage will be collected from the lobby of your hotel, transferred to the ship and stored in your cabin.

Ship embarkation will occur in the afternoon. You and your shipmates will meet in the lobby of your hotel and board the waiting buses for transfer to the ship. Information about transfer timing will be posted in your Aberdeen hotel.

PLEASE NOTE

There is a strict luggage weight limit on checked luggage and cabin baggage on the flights between Longyearbyen and Helsinki. 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 LONGYEARBYEN AND CHARTER FLIGHT.

Your ship is scheduled to arrive in Longyearbyen and you will disembark after breakfast. The process takes about an hour and due to port logistics, may involve one last Zodiac ride to the pier.

DEPARTING FROM HELSINKI

Arrival times back to Helsinki will not be available until 30 days prior to your voyage. If you wish to book your international flights before this point, we would suggest that you book a post night in Helsinki and depart the following morning. Scheduled charter flight times will appear in your final documents, and any additional updates will be communicated on board prior to disembarkation.

Arrival and Departure Transfers

ABERDEEN AIRPORT TRANSFERS

Arrival transfers in Aberdeen are not included in the expedition; If you require a transfer to the city, you will need to arrange your own transportation.

HELSINKI AIRPORT TRANSFERS

Departure transfers in Helsinki are not included in the expedition. The voyage concludes on arrival at the Helsinki airport. If you require a transfer to the city, 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.

If you are flying home right away, you will most likely be able to board a connecting flight on the same day. Please be sure to allow three hours between our charter arrival and your international departure.

PLEASE NOTE

Included Hotel Accommodations:

Your included accommodation begins on Day 1 of your itinerary, and the specific hotel(s) will be indicated in your final voyage confirmation. 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*

NEW! ULTRAMARINE

The newest ship in our fleet, *Ultramarine* is designed to go beyond the familiar in polar exploration, to discover new places, and to immerse you in the best the region has to offer.

Equipped with two twin-engine H145 helicopters and 20 quick-deploy Zodiacs, *Ultramarine* offers the most robust portfolio of adventure activities in the industry, the most spacious suites in this category, breathtaking public spaces, excellent outdoor wildlife viewing areas, plus an innovative mix of sustainability systems that exceeds all industry standards.

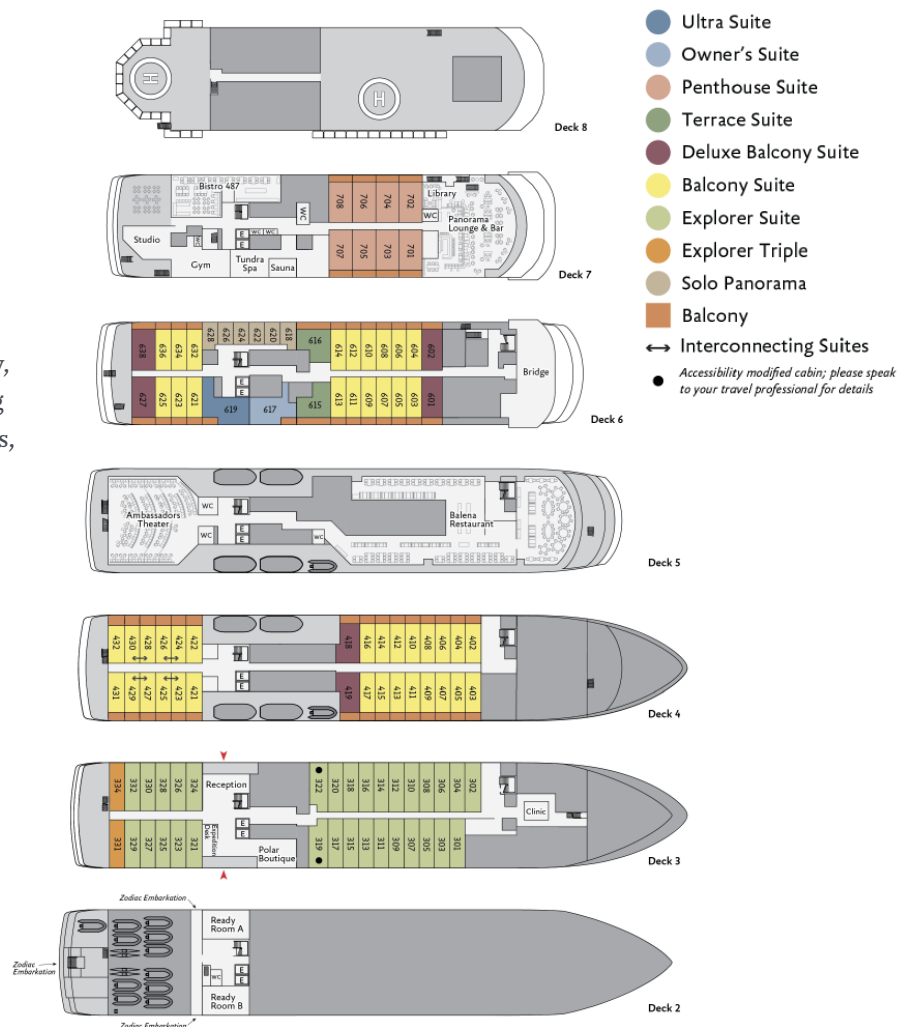
With all this and more, *Ultramarine* is perfectly positioned to deliver the ultimate polar expedition experience.

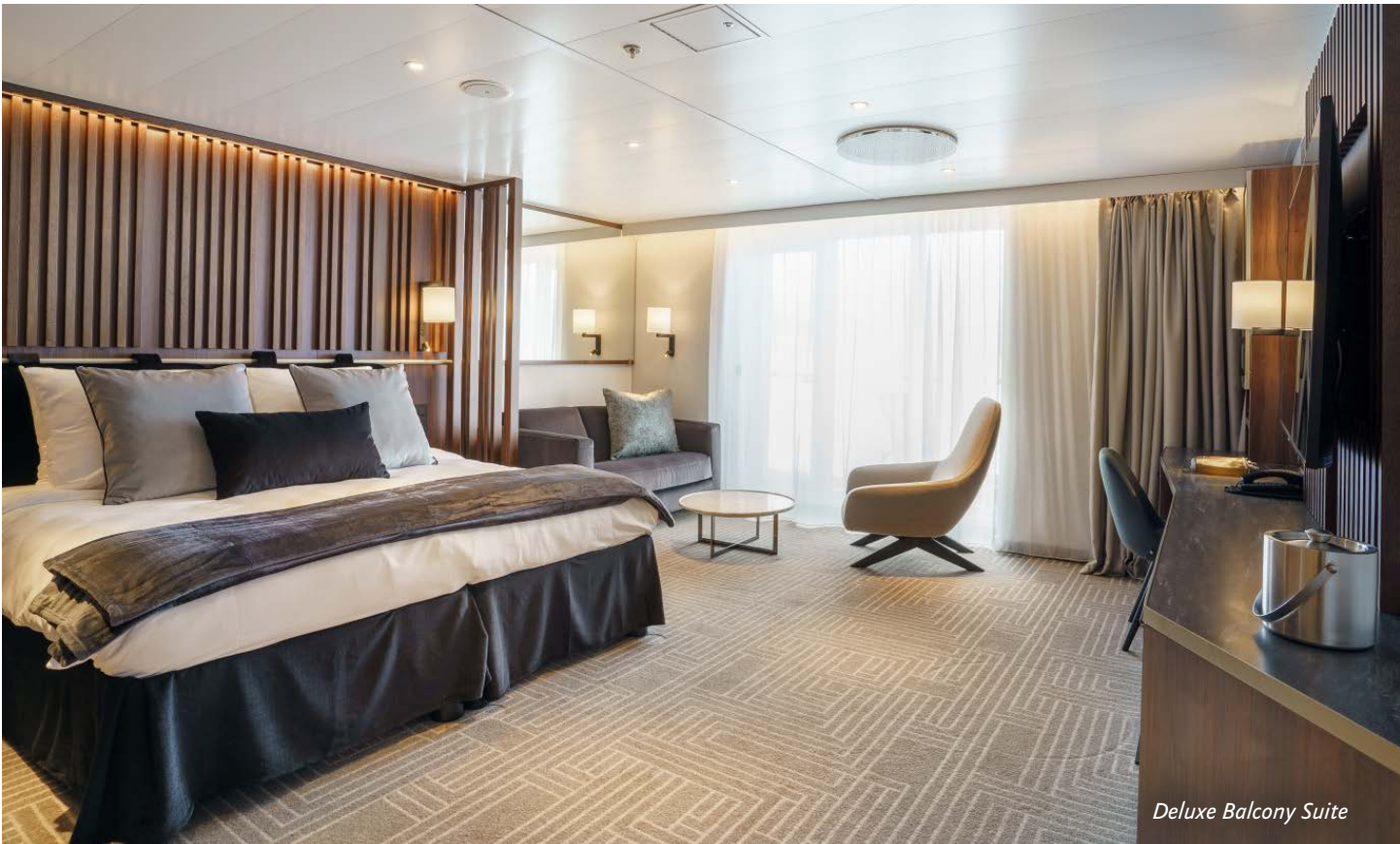
SHIP SPECIFICATIONS:

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

Visit QuarkExpeditions.com to view deck plan details.

All images are artist's renderings.





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.

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 unique 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.

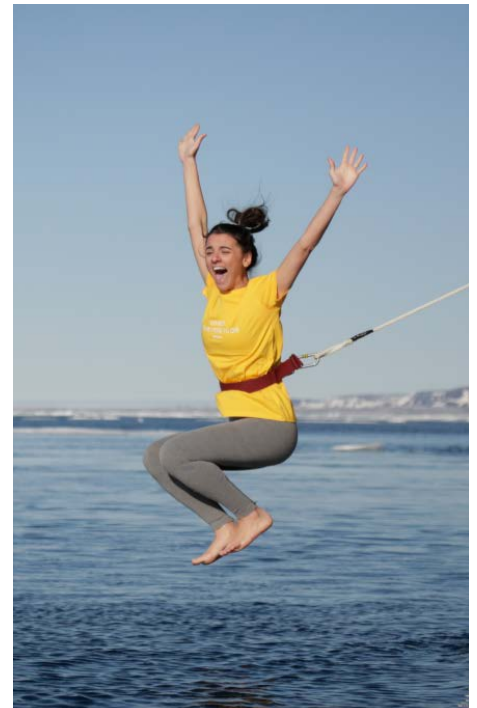
POLAR PLUNGE

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.





Departure Dates

Arctic Saga: Exploring Spitsbergen via the Faroes and Jan Mayen

ULTRAMARINE

<i>Dates</i>	<i>Days</i>	<i>Start / End</i>
ARCTIC 2025		
APR 29 - MAY 12, 2025	14	Aberdeen/Helsinki
ARCTIC 2024		
APR 28 - MAY 11, 2024	14	Aberdeen/Helsinki



Inclusions and Exclusions

Inclusions

RATES INCLUDE:

- Leadership throughout your voyage by our experienced Expedition Leaders, including shore landings and other activities
- 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.)
- Select beer and wine during dinner; and 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
- An official Quark Expeditions® parka to keep
- Hair dryer and bathrobes in every cabin
- 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

*MANDATORY TRANSFER PACKAGE INCLUDES:

- One night's pre-expedition hotel night in Aberdeen
- Group transfer from Aberdeen hotel to ship on embarkation day
- Departure transfer in Longyearbyen on disembarkation day
- Charter flight from Longyearbyen to Helsinki on disembarkation day

Exclusions

RATES SPECIFICALLY DO NOT INCLUDE:

- Mandatory Transfer Package*
- International airfare
- Arrival and departure transfers, except where listed in the Mandatory Transfer Package
- Passport and applicable visa expenses
- Government arrival and departure taxes not mentioned
- Meals 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 landing and cruising excursions, or any other gear not mentioned
- Laundry, bar and other personal charges, unless specified
- Phone and Internet charges (connectivity may vary by location)
- Voluntary gratuity at the end of the voyage for expedition staff and shipboard crew
- Additional overnight accommodation



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.





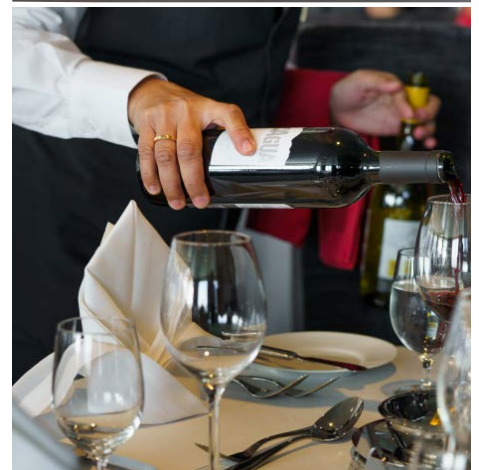
Meals on Board

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 7 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.

Soft drinks and juices are available during meals and when the bar is open; beer and wine are served with dinner; and coffee, tea and water stations are available around the clock—all included in the cost of your package. Spirits, premium wines and champagne are available at extra cost which can be billed to your shipboard account. The well-stocked bars on the ship are open to enjoy with your fellow shipmates in late morning, afternoon and evening.





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.

Scotland and Faroe Islands

FAIR ISLE, SHETLAND ISLANDS

With a population of just 65 people, Fair Isle is the most remote inhabited island in the United Kingdom. It is also the best place to find rare birds in Britain, with records of 27 first sightings as well as one of top destinations in the Scottish Isles to view the sea parrot, the Atlantic puffin.

TORSHAVN, FAROE ISLANDS

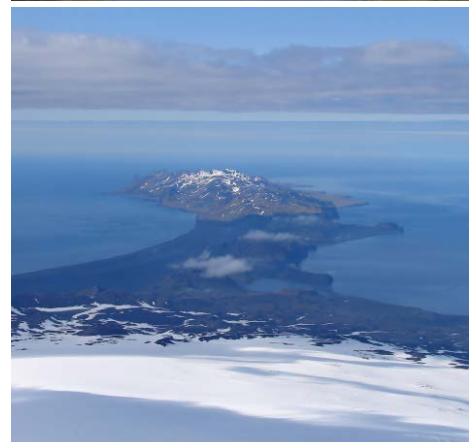
The Faroe Islands' largest city, Tórshavn features picturesque wooden cottages with charming black-tarred sod roofs

mingled with modern architecture in the city's historic Old Town. A symbol of the islands, the oldest of these traditional houses dates back 500 years, though most were built after a devastating fire burned down many of the town's buildings in 1673. The Vikings founded their government (called "ting") here in 825 AD, and Faroese parliament remains in Tórshavn to this day. Named after the Norse god of war, Tórshavn means "Thor's Harbor."

Jan Mayen

BEERENBERG

Covered in glaciers, this active volcano dominates the northern half of Jan Mayen, taking up a significant part of the island's mere 144 square miles (373 sq km). A soaring 7,470-foot (2,277 meters) high, it last erupted in 1985. Let's hope for clear skies to admire this monolith from the ship or shore.



KVALROSSBUKTA

One of only two possible landing sites on Jan Mayen is Kvalrossbukta. This small bay is the site of the remains of a 17-century whaling station. The island is home to a variety of birdlife, including a large colony of northern fulmar, which is also located here.

OLONKINBYEN

Jan Mayen's only settlement, Olonkinbyen is located at the southeastern side of the island, by Båtvika (Boat Cove), the other possible landing site. As a designated nature reserve, Jan Mayen remains uninhabited, except for the 18 rotating personnel who reside in the settlement and work at either the nearby weather station or radio station.

Spitsbergen

HORNSUND

The most southerly fjord in Svalbard offers some of the most spectacular

scenery, with dramatic calving glaciers, drifting pack ice and majestic peaks (the highest of which are often shrouded in mist). A Polish research station has operated on the northern shore of Hornsund since 1957. Part of Sør-Spitsbergen National Park, this pristine area is rich in wildlife—reindeer, Arctic fox and polar bears can be spotted hunting for food, while seals bask on floating ice.

LONGYEARBYEN

Twenty-four hundred people inhabit the administrative capital of Svalbard, which is situated on the shore of Isfjorden. The settlement was founded in 1905 by John Munroe Longyear, the majority owner of the Arctic Coal Company of Boston.

SAMARINVÅGEN

The Samarin Glacier dominates the landscape that surrounds this bay, where icebergs, kittiwakes and Brünnich's guillemots (thick-billed murre) may be seen.

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 and weather to guide the route and itinerary details. This itinerary is a tentative outline of what you may 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 guaranteed.



What to pack on your Arctic 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*
- Base-layer wool or synthetic bottom*
- Mid-layer warm or fleece top*
- Mid-layer warm or fleece bottom*
- 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.)
- 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:

- Hat, buff or scarf (for wind and weather protection)
- UV protection (sun hat, polarized sun glasses, sun block, lip balm etc.)
- Collapsible walking sticks for hikes (if required)
Quantities are available to borrow on every vessel
- Additional reusable (thermos-regulating) 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

- The complimentary Quark 3-in-1 Parka provided on board is designed with a waterproof shell that can be worn out on deck, and a removable liner that you can wear to stay comfortable indoors)
- 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 and cleaning kit (lens cloth etc.) and extra batteries
- Reusable waterproof bags or plastic bags with zippers (to keep small items organized and cameras dry)
- Voltage converters and plug adapters (see ship book for details)
- Seasickness, indigestion, headache, or other medications
- Earplugs and eye masks for sleeping
- Moisturizer for face and hands (skin dryness due to wind and temperature changes)
- Credit Card & Small amount of local currency (see pre-departure book for more details)

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



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

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**

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EXPEDITION BROCHURE
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