



The Leader in Polar Adventures

ARCTIC 2026

Northwest Passage

Epic High Arctic



Contents

- 1 Overview
- 2 Itinerary
- 6 Arrival and Departure Details
- 9 Your Ship
- 10 Included Activities
- 11 Adventure Options
- 12 Dates and Rates
- 13 Inclusions and Exclusions
- 14 Your Expedition Team
- 15 Meals on Board
- 16 Possible Excursions
- 19 Packing Checklist



Overview

Northwest Passage: Epic High Arctic

The fabled sea route connecting the Atlantic and Pacific Oceans, the Northwest Passage has gripped imaginations for centuries. On this captivating 17-day voyage, we invite you aboard our game-changing new vessel, *Ocean Explorer*, to explore this fascinating waterway with an incredible range of on-board comforts and off-ship adventures no other vessel can offer. Passing through the Canadian Arctic archipelago, guests will journey back in time to the height of Arctic exploration, navigating the waters explored by sailors from different lands while visiting areas that Inuit people have made their home for thousands of years.

Marvel at highlights of the Canadian Arctic and Greenland's stunning west coast, stopping at Inuit and Greenlandic communities. Visit the UNESCO World Heritage site Ilulissat Icefjord, whose Sermeq Kujalleq glacier calves off enormous icebergs. And keep your eyes peeled for the elusive and majestic creatures who make their home in these harsh, remote landscapes, such as whales, walrus, muskoxen and polar bears. Come aboard *Ocean Explorer*, venture to the legendary route that for centuries held explorers in its thrall, and return home forever bound to the spirit of Arctic adventure.

EXPEDITION IN BRIEF



Experience highlights of the Canadian Arctic and Greenland



Visit Inuit and Greenlandic communities



View Arctic wildlife, such as whales, walrus and muskoxen



Explore the Ilulissat Icefjord, a UNESCO World Heritage Site



Cruise in a Zodiac to explore icebergs, glaciers, fjords and more



Itinerary

DAY 1 | ARRIVE IN CALGARY, CANADA

Your Arctic expedition begins in Calgary. Explore this vibrant city on your own before spending the night at your well-appointed hotel.

DAY 2 | FLY TO RESOLUTE & EMBARK

This morning, board your charter flight to Resolute. Upon arrival, you'll have a chance to walk around this small Arctic town before enjoying your first of many Zodiac cruises as you're transferred to your ship.

DAYS 3 - 6 | EXPLORING CANADA'S HIGH ARCTIC

Cruising around the remote regions of the Canadian Arctic aboard *Ocean Explorer*, the newest ship in our fleet, you'll navigate the same

icy inlets, channels and bays that fascinated legendary explorers of long ago. Throughout your journey, your Expedition Team will keep an eye toward immersing you in the best the Arctic has to offer at the top of the world.

Named after explorer Frederick William Beechey, of the Royal Navy, Beechey Island is a Canadian National Historic Site. It's an important stop on our voyage, as this is the final resting place of three members of Sir John Franklin's ill-fated 1845-46 expedition to find the Northwest Passage. The graves, on a remote windswept raised beach, were discovered in 1851 by the crew of British and American vessels searching for signs of Franklin's lost expedition.

Radstock Bay is a popular research location for observing polar bears,



**NORTHWEST PASSAGE
Epic High Arctic**
Onboard the *Ocean Explorer* ———
Flights from Calgary / to Reykjavik
to and from ship - - - - -

which are often seen here in summer. An impressive Thule archaeological site provides insight into how these pre-Inuit people lived in the Far North.

For almost 5,000 years, the hamlet of Arctic Bay and its surrounding area has been occupied by Inuit people who were previously nomads migrating from the west. Surrounded by soaring cliffs teeming with seabirds, this is a great spot to go ashore and learn about the Inuit community's traditional way of life.

The eastern end of Lancaster Sound affords hiking and cruising opportunities on Devon Island. At Dundas Harbour, trek along a beach to a former Royal Canadian Mounted Police outpost. We'll anchor at Croker Bay, where we'll cruise near enough to appreciate the splendor of glacial textures and calving ice, while always keeping a safe distance. Walrus frequent the waters here, so be sure to have your camera handy.

Canada's most northern settlement, Grise Fiord will be your final shore

visit in the Canadian High Arctic. Now home to about 150 residents, the mostly Inuit community was created in 1953, when the federal government forcefully relocated eight Inuit families from northern Quebec. Hunting and fishing are a significant part of their way of life. Visit the monument to the first Inuit settlers, as well as the remnants of the "old camp" where they lived.

DAYS 7 & 8 | EXPLORING SMITH SOUND

Before saying goodbye to Canada, we'll try to cruise as far north as possible, exploring both sides of Smith Sound, the uninhabited passage between Ellesmere Island and Greenland.

DAY 9 | QAANAAQ, GREENLAND

Your first stop in Greenland is Qaanaaq, formerly known as Thule, one of the northernmost towns in the world. Here, local Inuit share their culture and traditions, and the museum sheds more light on what it's like living near the top of the world.

DAY 10 | CRUISING

As we sail south along the west coast of Greenland, presentations by our on-board experts will prepare you for the adventures that lie ahead.

DAYS 11 - 15 | EXPLORING WEST GREENLAND

With spectacular glaciers, soaring fjords and vibrant communities, the west coast of Greenland will leave you breathless.

Nuussuaq (formerly known as Kraulshavn) is the only mainland community in the Upernavik Archipelago. Founded in 1923 as a trading station, it's one of the most traditional hunting and fishing villages in Greenland.

Each community visit in Greenland is a unique experience and Uummanaq might just steal your heart. It's not surprising that the red-hued, heart-shaped mountain that rises up behind gave this traditional village its name (*Uummanaq* means "heart-like" in Greenlandic). As your ship approaches



the shore, you'll want to be on deck to take in the incredible view of the twin peaks towering over the vibrantly painted wooden houses dotting the rocky terrain below. The settlement was established as a Danish colony in 1758 on the mainland, but it relocated five years later because seal hunting was more plentiful here.

In the nearby archaeological site of Qilaqitsoq (also written as Qilakitsoq), you'll visit the ruins of an ancient settlement, where the remains of eight fully dressed mummies were discovered under a rock outcrop in 1972 by a pair of hunters. The famous Greenlandic mummies, which date back to 1475 A.D., are on view at the Greenland National Museum in Nuuk.

Cruising farther south rewards with

spectacular views of Eqip Sermia. The jagged, blue-tinged glacier soaring out of the icy waters is one of the most beautiful sights in Greenland, and we hope to Zodiac cruise along its massive front from a safe distance. We may also go ashore to explore nearby.

Just south of Ilulissat, which means "iceberg" in Greenlandic, is the impressive Ilulissat Icefjord. The UNESCO World Heritage Site is home to Sermeq Kujalleq, the most productive glacier in the northern hemisphere. As we Zodiac cruise at the mouth of the fjord, you may be lucky to witness the wonders of calving ice (listen to the loud roars as the ice breaks off). Founded in 1741, the traditional town, which boasts more sled dogs than people, is famous in its own right: it was the birthplace

of explorer and anthropologist Knud Rasmussen, the first to traverse the Northwest Passage by dogsled, in the early 1920s. Hikes here lead out to stunning views of the young icebergs as they float out the fjord to Disko Bay.

In Sisimiut, you'll be treated to a traditional kayaking demonstration. The kayak (an Inuit word that the English borrowed) has become a national symbol of Greenland and has been used by Inuit hunters for thousands of years. The town has several 18th-century colonial buildings, including the oldest surviving church in Greenland, so take time to wander through the historic area.

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 is the southern limit of



the Greenlandic sled dog. To keep the breed pure, the dogs are not permitted south of this community and all other dog breeds are prohibited this far north. 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. Explore the town's charming wooden houses painted in a rainbow of colors, chat with the locals, whose main trade is fishing, and maybe challenge them to a game of football (soccer) —it won't be long before you're experiencing Itilleq's famous friendly vibe.

DAY 16 | DISEMBARK IN KANGERLUSSUAQ & FLY TO REYKJAVIK

Enjoy one more Zodiac ride to shore, where you'll board your charter flight back to Reykjavik, Iceland. Upon arrival in Reykjavik, you will be transferred to your included hotel.

DAY 17 | DEPART REYKJAVIK, ICELAND

Today, you can make your way home at your leisure or spend some time exploring this fascinating city.

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

Arrival Day and Embarkation

ARRIVING IN CALGARY

You may arrive in Calgary at any time during Day 1 of the itinerary and make your own way to the included hotel, near the airport.

On arrival at the hotel, you will receive a welcome letter outlining the departure information for the following day's flight. An agent representing Quark Expeditions® will be available in the lobby of the hotel this evening to answer any questions about the charter flight(s) scheduled for the following morning.

EMBARKATION IN RESOLUTE

Your flight to the Arctic is expected to depart from Calgary to Resolute on Day 2 of the itinerary in the morning. The scheduled flight time will be communicated in your welcome letter, and you will be transferred from your hotel to check in at the airport. Upon arrival in Resolute, you will be transferred to the ship by Zodiac.



Final Day and Departure

DISEMBARKATION IN KANGERLUSSUAQ

Your ship is scheduled to arrive in Kangerlussuaq between 7am and 8am local time. After breakfast, and once the ship has anchored, you will have time to bid farewell to your Expedition Team and shipmates before taking one last Zodiac ride to shore. 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 onward flight, or stay longer if you have booked additional accommodation.

Arrival and Departure Transfers

CALGARY/REYKJAVIK AIRPORT TRANSFERS

Arrival transfer in Calgary and departure transfer from Reykjavik are not included; however, if you like, your Polar Travel Adviser can arrange them for you.

In order to facilitate your transfers, we request that you provide your flight details to Quark Expeditions® at least 30 days prior to traveling.

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 help booking a pre- or post-stay, please contact your Polar Travel Adviser or travel professional for hotel options. As accommodation space is limited, you are encouraged to request any extra nights as early as possible.





Ultramarine



Ocean Explorer

Our Fleet of Small Polar Vessels

Quark Expeditions boasts the most diverse polar-class fleet of any polar operator, and the ability to offer you this incredible voyage on one of our ice strengthened vessels.

The entire Quark Expeditions fleet is built for comfort—and for challenging polar environments, allowing us to take you to places ordinary cruise companies wouldn't dream of going.

Plus, you'll do so while enjoying excellent amenities and superbly comfortable cabins.



Your Ship

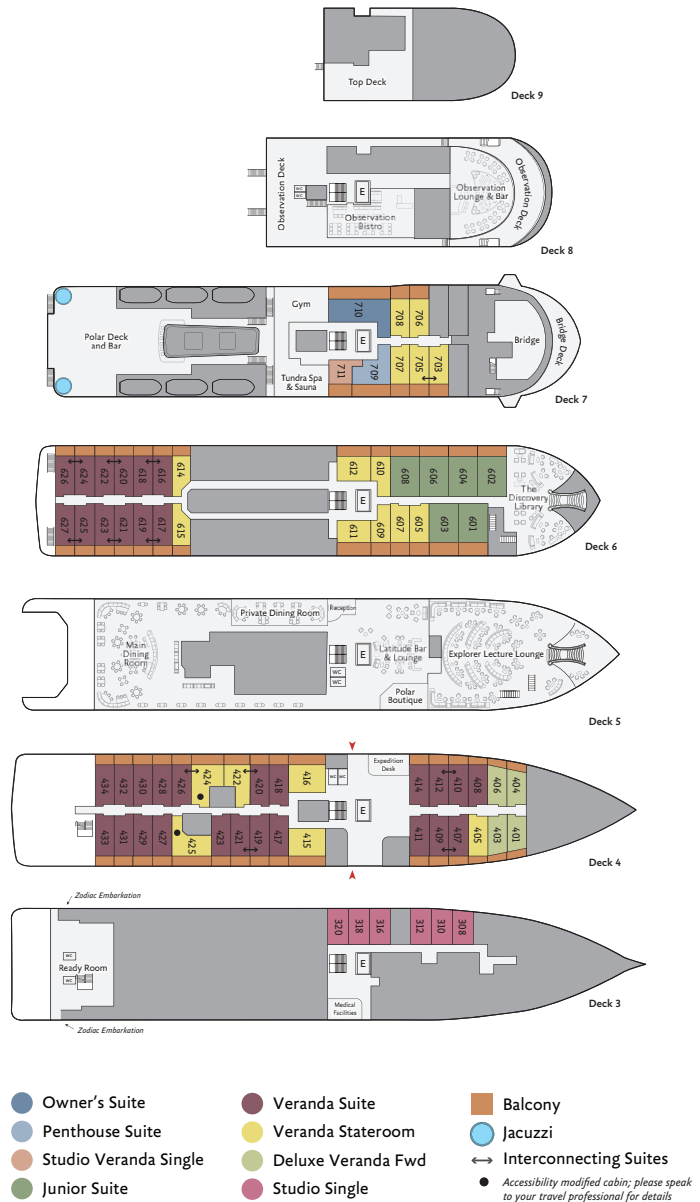
OCEAN EXPLORER

Ocean Explorer, the newest addition to our fleet, is modern, elegant and purpose-built for polar exploration. The 138-passenger vessel has been designed with the latest in expedition ship technology. One of the ship's key features is the ULSTEIN X-BOW®, a marine engineering innovation that ensures a comfortable and smooth sailing experience thanks to the inverted bow. Located at the bow is the two-story, light-filled library, which introduces a welcome airiness to the expedition ship. Spacious cabins feature a modern, bespoke Scandinavian design and almost all have verandas. Guests can relax and find comfort in the spacious gym, sauna with large windows, and two outdoor Jacuzzis. *Ocean Explorer* features ample outdoor viewing areas and multi-height outer decks, which are ideal for long-view photography and wildlife viewing. The vessel is equipped with a fleet of 15 Zodiacs that enable guests to get off the ship quickly and safely for off-ship adventures. In addition to the well-appointed and spacious public areas, *Ocean Explorer* has an industry-leading mix of sustainability systems, including fuel-efficient Rolls Royce engines.

SHIP SPECIFICATIONS:

- Staff and Crew: 105
- Guests: 138
- Lifeboats: 2
- Ice Class: 1A, PC6

Visit QuarkExpeditions.com to view deck plan details.





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.

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.

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.

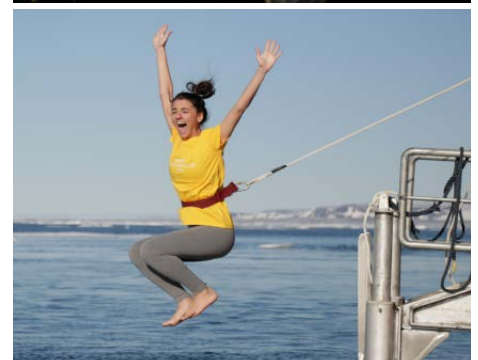
ZODIAC CRUISING

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.

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!

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

These off-ship activities cost extra and should be booked in advance.



PLEASE NOTE

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

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.



Departure Dates

Northwest Passage: Epic High Arctic

OCEAN EXPLORER

<i>Dates</i>	<i>Days</i>	<i>Start / End</i>	<i>Transfer Package</i>	 Sea Kayaking	 Paddling Excursion
ARCTIC 2026					
AUG 21 - SEPT 6, 2026	17	Calgary / Reykjavik	\$	\$	\$



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.)
- **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
- An official Quark Expeditions® parka to keep
- 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
- Group transfer from the Reykjavik hotel to the airport on Day 2
- Charter flight from Reykjavik to Kangerlussuaq
- Group transfer from the Kangerlussuaq airport to the ship on embarkation day
- Group transfer from the ship to the Resolute airport on disembarkation day
- Charter flight from Resolute to Calgary
- Group transfer from Calgary airport to hotel
- One night's post-expedition hotel accommodation in Calgary

Exclusions

RATES SPECIFICALLY DO NOT INCLUDE:

- Mandatory Transfer Package*
- International airfare
- Arrival and departure transfers in Reykjavik /Calgary
- Passport and visa expenses
- Canadian eTA required for non-Canadian or U.S. visa-exempt passengers
- 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, all our expedition staff receive comprehensive training in Quark Academy, which provides hands-on polar expedition training prior to any staff member's first voyage 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.

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.

Canada

BEECHEY ISLAND

Named after Frederick William Beechey, an explorer with the Royal Navy, this is one of Canada's most important Arctic sites and has been deemed a Canadian National Historic Site. During the Franklin expedition of 1845-46, two of Franklin's ships, HMS *Erebus* and HMS *Terror*, anchored here with perilous results. Three of Franklin's crew died here and are buried at marked gravesites.

CROKER BAY

On the south coast of Devon Island is Croker Bay. A glacier here actively calves off chunks of ice, creating a birthplace for icebergs. The bay was a popular stop during the 1800s, when the search for the Northwest Passage was at the forefront of Arctic exploration.

DUNDAS HARBOUR

Located on Devon Island, there are the remains of a Royal Canadian Mounted Police post, dating back to 1924. The RCMP cemetery is tended annually by a contingent of Mounties, who arrive especially for that purpose. Other evidence of human habitation found nearby is centuries older.



GRISE FIORD

The Inuktitut name for this Ellesmere Island hamlet means “place that never thaws.” From April to August, the residents of Canada’s most northerly Inuit community experience continuous daylight.

PRINCE LEOPOLD ISLAND

Impressive vertical cliffs surround part of this small island. This creates an ideal environment for nesting seabirds, and they nest here in vast numbers—more than 300,000 strong! Thick-billed murrelets, black guillemots and northern fulmars are most commonly seen here.

RADSTOCK BAY

A Thule site here provides insight into how the pre-Inuit people survived and lived in the Arctic. Their subterranean dwellings were constructed of giant whale skulls and bones still visible today.

RESOLUTE

One of Canada’s most northern settlements, Resolute was formed by forceful relocation of Inuit from northern Quebec by the Canadian government in 1953, during the Cold War. Today, it’s also a jumping off point for much high Arctic research. It has everything from a grocery store and cable TV to a school and a couple of hotels. About 200 people live in Resolute throughout the year, where hunting and logistical support to research, mining and tourism contribute to the community’s economy.

West Greenland

CAPE YORK

In 1894, Robert Peary visited Cape York, and a soaring monument to the American explorer, erected in 1932, sits atop the promontory to this day. The name of a settlement on a nearby island means “place of meteorite iron,” due to several meteorites dating back 10,000 years, including the famous Cape York meteorite, having been found in the area.



DISKO BAY

Erik the Red encountered a rich hunting ground in Disko Bay, to the north of the Norse settlements in southern Greenland. But long before Erik arrived, a paleo-Eskimo culture known as the Saqqaq inhabited this rich and stunning landscape.

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 evokes an ethereal feeling as bergs grind against the ship's hull.

ETAH

An abandoned settlement on the shores of Foulk Fjord, Etah was a starting point of discovery expeditions to the North Pole. It was also the landing site of the last migration of the Inuit from the Canadian Arctic. The huts of the former village, once the most-northerly populated settlement in the world, still stand today.

ILULISSAT ICEFJORD

North of the Arctic Circle, this ice fjord is a UNESCO World Heritage Site. Recognized as one of the fastest-moving glaciers in the world, the Jakobshavn Glacier (or Sermeq Kujalleq in Greenlandic) located at the head of the icefjord moves 62 feet (19 m) per day. More glacial ice is calved into the ocean here than anywhere else in the Arctic.

ITILLEQ

Itilleq in Greenlandic means “a hollow,” which is where this village is situated, on an island without any freshwater. The village has approximately 130 inhabitants and offers picturesque views of colorful Greenlandic houses dotted along the rocky landscape. 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.

KANGERLUSSUAQ

Kangerlussuaq sits at the head of a 118-mile (190 km) long fjord. The tiny town has Greenland's largest airport and a unique history. Although Inuit and their

predecessors occupied or visited the area, Kangerlussuaq's modern incarnation dates back to the U.S. occupation of Greenland as an air force base beginning in World War II.

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'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 guaranteed.



What to pack on your Arctic expedition

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:

BY SEA

All transfers ship to shore and Zodiac/ship cruising.

- Waterproof pants (mandatory for every Zodiac 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)

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**

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

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

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

QuarkExpeditions.com

PHOTO CREDITS:

Acacia Johnson; David Merron; Nicky Souness; Michelle Sole;
Sam Edmonds; Grange Productions; Adobe Stock

EXPEDITION BROCHURE
October 4, 2024