

Arctic 2027

Three Arctic Islands: Spitsbergen, Greenland and Iceland (Southbound)

Onboard *Ultramarine*



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Expedition Overview

Three Arctic Islands: Spitsbergen, Greenland & Iceland — Southbound

Our *Three Arctic Islands: Spitsbergen, Greenland and Iceland* itinerary begins in Spitsbergen—the Wildlife Capital of the Arctic—before venturing into the splendid isolation of fjord-strewn East Greenland and finishing amid the volcanic landscapes of Iceland. Over 15 days, you'll encounter spectacular glacier fronts, towering cliffs, rugged fjords, windswept tundra, ancient Thule settlements, and possible sightings of walrus, muskoxen, polar bears, reindeer, and thousands of birds. These breathtaking Arctic destinations reveal a symphony of sights, sounds, and scenes you never imagined possible on a single journey.

Highlights



Experience one of National Geographic Traveler's 50 Tours of a Lifetime



Marvel at the glaciers and wildlife of Spitsbergen and East Greenland



Hike the tundra and explore the fjords of East Greenland



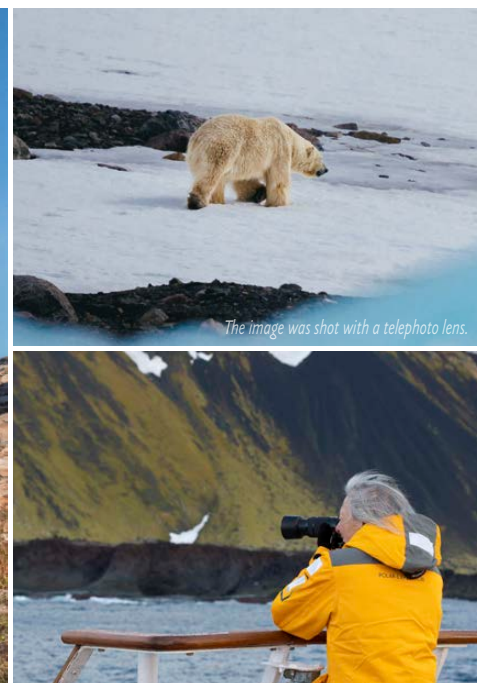
Cruise in a Zodiac to explore diverse landscapes



Visit the Westfjords, a hidden gem of Iceland



Immerse yourself in the icy realm of the Arctic with an optional kayaking adventure.



Itinerary

DAY 1 | ARRIVE IN HELSINKI, FINLAND

Arrive in the Finnish capital and make your way to the group hotel located right at Helsinki airport—which is included in your Charter Flight & Hotel Package. You will have the rest of the day to explore explore the many museums, galleries and restaurants, relax at a Finnish sauna or wander the vibrant Design District. If you do plan to visit Helsinki city center, you can take the convenient 40-minute rail service from the airport.

DAY 2 | FLY TO LONGYEARBYEN, SVALBARD & EMBARK

After breakfast, the group will transfer to the airport and board our private charter flight to Longyearbyen, Spitsbergen's largest settlement, as part of the Charter Flight & Hotel Package. As you embark this afternoon, you'll enjoy great views of the mountainous landscape that serves as a backdrop for this seaside town.

DAYS 3 - 6 | EXPLORING SPITSBERGEN, SVALBARD

Exploring Spitsbergen, the largest island of the Norwegian Svalbard archipelago, rewards you with austere beauty and opportunities to spot its abundant wildlife. Here, you'll visit spectacular glacier fronts and tundra in full bloom, with walrus, polar bears and Svalbard reindeer amongst your possible wildlife sightings. Birders will be thrilled to see Arctic terns, skuas, Brünnich's guillemots, black-legged kittiwakes and ivory gulls. If conditions allow, you could sail within 10 degrees of the North Pole.

DAYS 7 & 8 | AT SEA: CRUISING THE GREENLAND SEA

While sailing south through the Greenland Sea, your Expedition Team will teach you about the wildlife and history of Greenland, your next stop. On deck, you'll learn to identify seabirds on the wing. Take in a presentation, share your photos, sip an icy cocktail in the bar or watch a film—there are many things to do during your time at sea.



THREE ARCTIC ISLANDS:
Spitsbergen, Greenland and Iceland (Southbound)

Onboard *Ultramarine* ———
Flight from Helsinki - - -

DAYS 9 - 12 | EXPLORING EAST GREENLAND

During your tour of Greenland's remote eastern coast, you'll enjoy Zodiac cruises and shore visits to several locations. Explore the remains of ancient Thule settlements and keep an eye out for grazing muskoxen—40 percent of the world's muskoxen population lives here. Finally, you will sail through spectacular Scoresbysund, the birthplace of many icebergs and, some say, the most beautiful fjord system in the world. We plan to visit Ittoqqortoormiit, the most remote community in East Greenland.

DAY 13 | AT SEA: CROSSING THE DENMARK STRAIT

As we sail south, the Denmark Strait is your pathway toward Iceland. Your Expedition Team will keep you informed and entertained with presentations about the history of exploration in the Arctic and the seabirds you'll see soaring above your ship.

DAY 14 | THE WESTFJORDS: ICELAND'S HIDDEN GEM

The seldom-visited Westfjords—where land meets sea in the most dramatic fashion—are often known as “Iceland's best-kept secret.” This rugged peninsula at the country's remote northwestern tip is rife with fjords, mountains, tumbling cliffs, gushing waterfalls, colorful beaches, rolling green hills, high moorlands dotted with rocky outcrops, small lakes, and the occasional shaggy Icelandic sheep or grazing pony. A few modest outposts of civilization, in the form of small fishing communities nestled along the fjords and shores of the Denmark Strait, face out into the mighty Atlantic, keeping alive a maritime heritage that stretches back to the Viking days. The Westfjords are the least developed of Iceland's coastal areas and, consequently, the wildest. Depending on the conditions, guests will venture into this territory on a Zodiac cruise

or a guided shore landing at unspoiled wilderness sites where they can hike and explore on foot. One of the many highlights is Mongufoss, one of Iceland's most remote and beautiful waterfalls.

DAY 15 | DISEMBARK IN REYKJAVIK, ICELAND

You'll disembark in Reykjavik, Iceland's capital, after breakfast. If you have booked post-expedition accommodation, we provide a transfer to a central downtown location.



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 sightings 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.



Science & Discovery

A new initiative designed to foster community, curiosity and education.

Beginning in our Arctic 2027 season on select *Ultramarine* itineraries, Quark Expeditions is collaborating with leading scientists and researchers to enrich guest learning on- and off-ship.

Guest Engagement: Through researcher-led sessions, and interactive learning and field experiences with our expedition team, guests will gain a better understanding and appreciation of the polar wilderness.

This Science & Discovery program will enable guests to:

- **Interact and connect with scientists and researchers** who are actively collecting data during expeditions.
- **Participate in citizen science programming** to broaden their understanding and knowledge of the incredible polar ecosystem.
- **Work with our expedition team** to help collect and record data, ranging from experiences such as conducting seabird surveys on deck to documenting whale sightings on Zodiac excursions or joining interactive sampling activities to measure water conditions.

SCIENCE IN THE FIELD

Quark Expeditions supports academic research through partnerships with institutions such as Seabird Watch to deepen our understanding through access to projects that are contributing to published research and projects of high importance.

CITIZEN SCIENCE

In collaboration with the Polar Citizen Science Collective and Fjord Phyto, guests can engage in meaningful scientific data collection that supports targeted field research for projects like Happywhale.

QUARK SCIENCE HUB

This designated space on *Ultramarine* enables guests to share knowledge, information and insights with scientists, researchers, and our Expedition Guides.



Gather with scientists, researchers and expedition guides to share findings and insights from the voyage.



Engage with interactive digital displays featuring multimedia content for self-guided discovery even when staff aren't present.



Learn how data collection methods, such as drones, wildlife tags, and biopsy and guano sampling, enable us to study the health, population, and migratory pathways of unique birds, whales, and seals.



Review and discuss observations and explore samples collected during science Zodiac cruises with other participants.

Note: The Science Hub is open to guests for self-guided exploration when staff are otherwise occupied.

THE POLAR COLLECTIVE
protect the poles together.





Arrival and Departure Details, and International Flight Planning

DAY 1	DAY 2	EXPEDITION DAYS	FINAL DAY	
International flight in* Arrival and hotel night	Charter flight to embarkation point and embarkation	On ship or landing days	Disembarkation	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.

Arrival Day and Embarkation

DAY 1 — ARRIVING AND HOTEL NIGHT IN HELSINKI

You may arrive in Helsinki at any time during Day 1 of the itinerary. Your included accommodation will be at the airport hotel, therefore arrival transfers are not necessary. Upon arrival at the hotel, you will receive a welcome letter outlining the departure information for the following day's charter flight. Please keep in mind that your hotel room may not be ready for check in until 3 pm. A Quark Expeditions representative will be available in the lobby of the hotel later in the day to answer any questions.

DAY 2 — CHARTER FLIGHT AND EMBARKATION IN LONGYEARBYEN

After a well rested night at your hotel you will join your flight up to Longyearbyen. Upon arrival in Longyearbyen, you will be transferred from the airport to a drop off point and your luggage will be taken directly to the ship. Details of ship transfer times will be provided during your arrival transfer. Due to port logistics, it is possible that you may need to board the vessel by Zodiac, rather than from the pier.

PLEASE NOTE

There is a strict luggage weight limit on checked luggage and cabin baggage on the flights between Helsinki and Longyearbyen. 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 REYKJAVIK AND ONWARD

Your ship is scheduled to arrive at the pier in Reykjavik and you will disembark after breakfast. The process takes about an hour. After disembarkation, you will transfer to a central downtown location.

Arrival and Departure Transfers

HELSINKI AIRPORT TRANSFERS

Our hotel accommodations are provided at Helsinki airport. Transfers should not be required and are not provided.

REYKJAVIK AIRPORT TRANSFERS

Your expedition ends at a convenient drop-off point in Reykjavik city center. You will need to arrange a transfer to the airport or accommodations, if you're extending your stay in Iceland.

PLEASE NOTE

Included Hotel Accommodations:

The Charter Flight & Hotel Package for this expedition includes one night of hotel accommodation in Helsinki (on Day 1) at a hotel attached to Helsinki Airport. The airport is a 40-minute train ride from the city center. No accommodations are provided in Reykjavik.





ULTRAMARINE

The technologically advanced *Ultramarine* is built to go beyond the familiar in polar travel and to immerse guests in the best the region has to offer.

With 20 Zodiacs strategically positioned at water level for quick deployment, *Ultramarine* offers the industry's largest portfolio of off-ship adventures. The vessel features the most spacious suites in its category, breathtaking public spaces, exceptional wildlife-viewing areas, and sustainability systems that exceed industry standards. *Ultramarine* also features an onboard Science Hub, a centerpiece of our Science & Discovery program.

Ultramarine's wellness amenities include Tundra Spa with VOYA treatments, morning stretch classes, a sauna, a fully equipped fitness center, and health-conscious dining designed to restore balance and vitality at sea.

Ultramarine is designed to deliver unforgettable polar memories.

SHIP SPECIFICATIONS:

Staff and Crew: 140

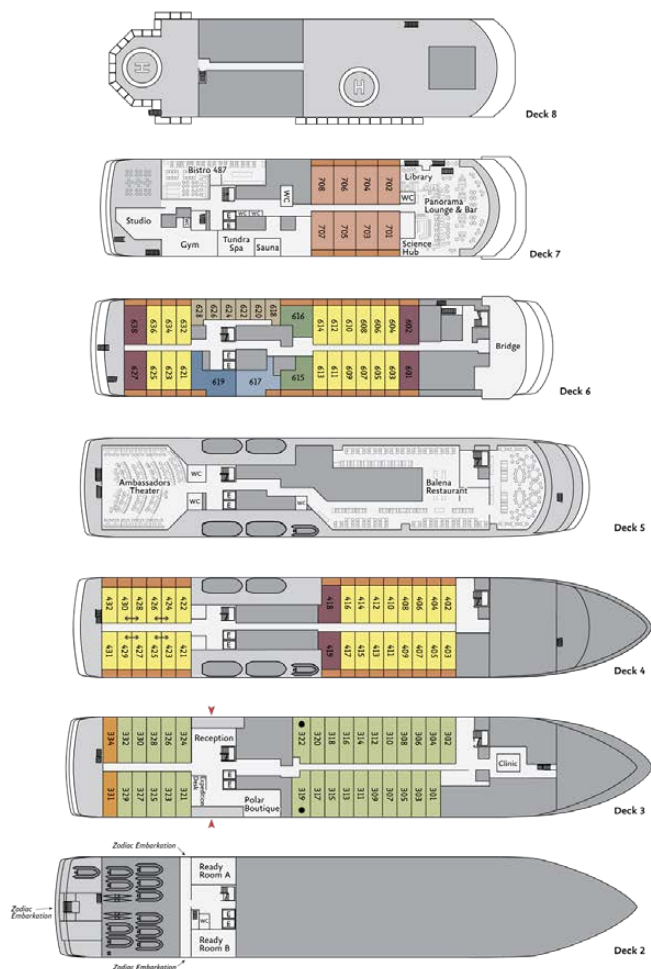
Guests: 199

Lifeboats: 4, fully enclosed

Ice Class: PC6

Visit [QuarkExpeditions.com](https://www.quarkexpeditions.com) to view deck plan details.

**Ultramarine's two twin-engine helicopters do not operate on our Arctic 2027 voyages.*



- Ultra Suite
- Owner's Suite
- Penthouse Suite
- Terrace Suite
- Deluxe Balcony Suite
- Balcony Suite
- Explorer Suite
- Explorer Triple
- Solo Panorama
- Balcony
- ↔ Interconnecting Suites
- Accessibility modified cabin; please speak to your travel professional for 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.

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 spot 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.

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.

SCIENCE & DISCOVERY

Our Science & Discovery program offers guests the unique opportunity to engage directly with scientists and researchers and participate in citizen science activities with the expedition

team to collect and record data.

Activities include conducting seabird surveys on deck, documenting whale sightings, and participating in interactive water sampling activities to measure environmental conditions. This program provides travelers with rare, first-hand experiences that contribute to global scientific research and deepens their understanding of and appreciation for the polar environment.

PHOTOGRAPHY

Documenting your voyage so you can take the memories home is a rewarding experience. Our photography guide 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

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



TUNDRA TO TABLE: ICELAND

Tundra to Table: Iceland takes guests on a culinary journey through Iceland, the Faroe Islands and Greenland. Created in partnership with Pure Arctic, an Icelandic brand dedicated to sustainable, zero-carbon food production, *Tundra to Table: Iceland* showcases authentic tasting menus prepared by two rising Icelandic chefs. Guests convene in *Ultramarine's* Bistro 487 to sample free-roaming lamb, greenhouse vegetables harvested from volcanic soil, smoked Westfjords lamb or kleinur (Icelandic donuts), among other dishes, while learning about regional foods, traditions and Icelandic cooking techniques.

Note: Maximum of 24 guests per seating.



SEA KAYAKING

Imagine gliding across the surface of a bay or paddling alongside coastal shorelines in some of the most remote areas of the world. 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.

PLEASE NOTE

Pre-booking is required for all paid activities. We recommend booking early, as spaces fill quickly.



Our Commitment to Conservation & Community

We're proud to partner with local communities to create immersive guest experiences that build respect for wildlife, culture and the land, and to work with leading scientists to support the conservation of the Arctic regions.

Empowering Local Development

We champion Arctic communities' goals for economic development and sustainable tourism through local hiring, infrastructure support, and advance visit planning.

Investing Directly in Communities

With guest support, we help fund community-led projects—from food banks to cultural and language-based programs.

Co-creating with Community Partners

By partnering with local groups, we create authentic experiences—such as Tundra to Table, developed with [Igapall](#), which enables Inuit chefs to share Greenlandic cuisine and culture. This program is available on most *Ultramarine* itineraries that operate in Greenland and the Canadian High Arctic.

To also learn about our conservation efforts, and how we connect guests to the natural world through hands-on experiences and education, visit us online at [Community & Conservation](#).



Community

We deliver authentic experiences for our guests that benefit local partners and the communities we visit.



Departure Date

Three Arctic Islands: Spitsbergen, Greenland and Iceland (Southbound)

ULTRAMARINE

<i>Dates</i>	<i>Days</i>	<i>Start / End</i>	 Sea Kayaking	 Paddling Excursion	 Tundra to Table: Iceland
ARCTIC 2027					
JULY 12 - 26, 2027	15	Helsinki/Reykjavik	\$	\$	\$

\$ Paid Activities



Inclusions and Exclusions

Inclusions

RATES INCLUDE:

- An official Quark Expeditions® parka to keep
- 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.
- Complimentary select beer, wines 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
- 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.) Note: Internet access in the polar regions is subject to geography, climate, and other factors beyond our control
- All miscellaneous service taxes and port charges throughout the program
- All luggage handling aboard the ship
- Transfer from Longyearbyen town center to port on embarkation day
- Group transfer to downtown Reykjavik on disembarkation day
- Greenland voyages cruise passenger tax

Exclusions

RATES SPECIFICALLY DO NOT INCLUDE:

- Charter Flight & Hotel Package*
- International airfare
- Arrival transfer in Helsinki
- Airport transfer in Reykjavik
- Passport and visa expenses
- Government arrival and departure taxes not mentioned above
- 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, spa 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

*CHARTER FLIGHT & HOTEL PACKAGE INCLUDES:

- One night's pre-expedition hotel night at Helsinki airport hotel, with breakfast
- Charter flight from Helsinki to Longyearbyen
- Arrival transfer in Longyearbyen
- Arrival transfer in Reykjavik to central downtown location



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.



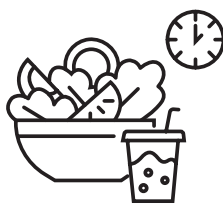


On-Ship Dining

Every on-board meal is included in the cost of your trip.



13 BREAKFASTS



13 LUNCHES



13 DINNERS

If there's one constant on board, it's incredible food. You enjoy three delicious meals daily—all included. Let us know before your expedition about any dietary restrictions.

Breakfasts and lunches are typically buffet-style, while dinners are plated. À la carte meals are made at the time of your order, ensuring top quality every time.

Coffee, tea, cocoa, and water stations are available—at no charge—24/7.

Complimentary soft drinks and juices are served during meals and when the bar is open. Bonus: enjoy complimentary alcohol throughout your voyage (see "Raise A Glass" sidebar for details).

Premium wines and champagne are available for purchase. Our well-stocked bars are open late morning, afternoon, and evening—hours may shift slightly to accommodate the expedition schedule.

Raise A Glass

Enjoy complimentary select beer, wines and select cocktails during bar service hours and dinner—throughout your voyage—as part of our "Raise A Glass and Stay Connected" Program.



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.

Svalbard

14TH OF JULY GLACIER

Named after France's Bastille Day (the 14th of July), this large glacier is situated in Krossfjorden, a bay on the northwest coast of Spitsbergen. The area is teeming with wildlife, and is the best place in Svalbard to catch a glimpse of the Atlantic puffin. Nesting at certain times of year along the shore are purple sandpipers, common eiders, barnacle geese, Arctic tern and Brünnich's guillemots (thick-billed murre). Bearded and ringed seals also frequent the waters here.

LILLIEHÖÖK GLACIER

In 2005, nearly 100 years after his great-great-grandfather conducted scientific investigations here, Prince Albert II of Monaco returned to Lilliehöök Glacier

to honor his ancestor's memory. Here, you can take a Zodiac cruise amid labyrinths of sparkling icebergs, and witness breathtaking panoramas of ice. You may even spot bearded seals hauled out on the floes.

LONGYEARBYEN

Home to 2,400 people, the administrative capital of Svalbard is situated on the southern side of Adventfjorden. The settlement was founded in 1905 by John Munroe Longyear, the majority owner of the Arctic Coal Company of Boston. Today as much as ever, this is a true frontier town.

MONACO GLACIER

Prince Albert I of Monaco, a pioneer of oceanography, led an expedition to Svalbard in 1906. His team used sophisticated photographic techniques to understand the shape and position of several glacier fronts. Monaco Glacier honors the expedition, the prince and the principality over which he reigned. While touring the glacier front by Zodiac cruise, listen to the crackle and pop of the brash ice, search for seals and have a chance to admire a natural sculpture gallery.

East Greenland

C. HOFMANN HALVØ

This peninsula can be a great location for spotting muskoxen. It is also home to wheatears and snow buntings, and you may spot rock ptarmigans or great northern divers (common loon) while exploring the shore.



DENMARK ISLAND

Encounter stunning icebergs at Denmark Island, which offers stupendous views of Scoresby Sund and Fønfjord below. If conditions allow for a landing, take a short hike to an archaeological site.

RØDEFJORD

Red Fjord, or Rødefjord, is named for the colorful sandstone located on its western side. Many hillsides in Rodefjord appear 'stained' red due to the presence of iron oxide.

SCORESBY SUND

Revered as the most beautiful fjord system in the world, Scoresby Sund is the longest and largest. The sound was named by William Scoresby Jr., a whaler, scientist and clergyman, who mapped more than 400 miles (640 km) of Greenland's coastline.

Iceland

REYKJAVIK

Iceland is rated by the UN as one of the best countries to live. Its capital, Reykjavik (which means "Smoky Bay"), was named

by the country's first settler, Norseman Ingólfur Arnarson, who was inspired by the geothermal mist rising from the ground. Experience the city's Norse history, contemporary music and striking architecture.

THE WESTFJORDS

The remote Westfjords—often called "Iceland's best-kept secret"—form a rugged peninsula at the country's northwestern tip. This dramatic land of fjords, soaring cliffs, waterfalls, colorful beaches, and rolling green hills remains Iceland's wildest and least developed coast. Small fishing villages along the Denmark Strait preserve a seafaring heritage dating back to the Vikings. Depending on conditions, guests may explore by Zodiac cruise or shore landing, hiking unspoiled wilderness sites. Among the highlights is Mongufoss, one of Iceland's most beautiful and secluded waterfalls.

EXPEDITION SPIRIT

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What to pack on your Arctic expedition

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)

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.



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

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[QuarkExpeditions.com](https://www.QuarkExpeditions.com)

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EXPEDITION BROCHURE
September 22, 2025

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