

Antarctic 2027/2028

 **Quark
Expeditions®**
Polar-Obsessed Since 1991

Antarctic Express: Sail South, Fly North

Onboard *Ocean Explorer*



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Expedition Overview

Antarctic Express: Sail South, Fly North

Get the best of both worlds on our 10-day *Antarctic Express: Sail South, Fly North*. Achieve a polar rite of passage by crossing the legendary 800-km Drake Passage by ship—and on your return, board a comfortable charter flight at King George Island for a three-hour flight over the infamous waterway. That leaves several full days to experience the wonders of the South Shetland Islands and the Antarctic Peninsula. Expect to encounter minke and humpback whales, along with Adélie penguins, as you explore rugged snow-capped peaks, stark icescapes, and immense penguin colonies thriving in this remote wilderness.

Highlights



Explore Antarctica with the best expedition team in the industry



Revel in a crossing of the infamous Drake Passage



Embrace the speed and convenience of a northbound flight over the Drake Passage on your return



Incredible wildlife viewing and iceberg watching



Enjoy presentations on wildlife, history, glaciology and geology by our onboard polar experts



Itinerary

DAY 1 | ARRIVAL IN USHUAIA

You may arrive in Ushuaia at any time on Day 1. Many guests choose to arrive a day or two before embarkation day to explore this quaint port city at the bottom of South America, and the surrounding region. Based on the arrival information you send in advance, we will arrange for a transfer from the airport to the designated group hotel.

DAY 2 | EMBARKATION IN USHUAIA

On the morning of Day 2, your luggage will be collected from the hotel lobby and transferred to your cabin on the ship. Guests will meet at a designated location near the pier, usually about 4 pm, and board the waiting buses for transfer to the ship. After a late afternoon embarkation,

we will sail along the historic Beagle Channel, which transects the Tierra del Fuego archipelago in the extreme south of South America. Excitement builds in anticipation of your next stop: the Antarctic.

DAYS 3 & 4 | CROSSING THE DRAKE PASSAGE

Legendary for its high winds and rolling seas, you may get lucky and have surprisingly calm seas through the Drake Passage. Spend your time in the lounge or chatting with your fellow travelers. As you develop your sea legs during the crossing, our Expedition Team will begin their series of presentations to help prepare you for your upcoming Zodiac and land excursions. You officially enter Antarctica when your ship crosses the Antarctic Convergence, a biological boundary that fluctuates around 60° south.



ANTARCTIC EXPRESS Sail South, Fly North

- Onboard *Ocean Explorer*
- - - Flight to King George Island

DAYS 5-8 | SOUTH SHETLAND ISLANDS AND ANTARCTIC PENINSULA

The most common reaction upon reaching the 7th Continent is a sense of reverence and awe. The experience is beyond words, since few places are as untouched as Antarctica. You will begin to appreciate why this region has long captivated the attention of explorers and travelers alike. Every time we visit Antarctica, we witness something new or unexpected, which means that your expedition will be unlike any other—creating a unique, personal experience.

Each day, you will take Zodiac excursions from the ship to explore glaciated bays, channels and landing sites. Your Expedition Team will take care of you at each landing, whether you are hiking the Antarctic landscape, visiting a research

station or observing chinstrap, Adélie and gentoo penguins, all of which can be found here. Keep an eye out for Weddell, fur, crabeater and leopard seals as well as curious whales, such as humpbacks, minke, or perhaps orcas while on a Zodiac cruise. Each excursion will present a new array of creatures to fascinate you and keep your camera busy.

Amid the serene silence of Antarctica, noisy interludes become indelible memories, such as penguins squabbling over prized pebbles, or the boom and crack of a calving glacier.

Every day will be different, having been carefully crafted by your Expedition Team to inspire and educate you about this wonderful part of the world.

DAY 9 | DISEMBARKATION & FLY TO PUNTA ARENAS

With only the Drake Passage ahead, you'll disembark on King George Island before flying to Punta Arenas, Chile. Once you're in Punta Arenas, we'll transfer you from the airport to your designated group hotel. You're then free to explore Punta Arenas and enjoy a final dinner on your own.

DAY 10 | DEPART PUNTA ARENAS

After breakfast, you are free to continue on your own travels or make your way to the Punta Arenas airport for your homeward flights.



EXPEDITION SPIRIT

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Arrival and Departure Details, and International Flight Planning

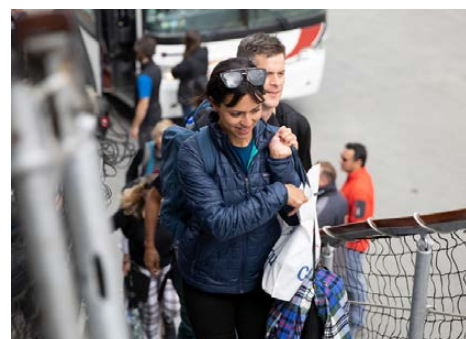


Arrival Day and Embarkation

DAY 1 — ARRIVING IN USHUAIA AND HOTEL NIGHT

You may arrive in Ushuaia at any time during Day 1 of your itinerary. Ushuaia and its mountainous surroundings are destinations worth exploring, so we do encourage you to arrive a day or two before your expedition. Based on the arrival information you send us, we will arrange for a transfer from the airport to the designated group hotel.

A Quark Expeditions representative will be available to answer your questions in the lobby of your hotel in Ushuaia during your optional pre-departure briefing on Day 1, at 6 pm.



DAY 2 — EMBARKATION IN USHUAIA

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 on Day 2 of your itinerary, usually around 4 pm. You and your shipmates will meet at a designated location near the pier, and board the waiting buses for transfer to the ship. Information about embarkation will be posted in your Ushuaia hotel and discussed during your optional pre-departure meeting on Day 1.

Disembarkation, Final Day and Departure

DISSEMBARKATION AT KING GEORGE ISLAND

Ship disembarkation will generally occur in the late morning, on King George Island. You will be greeted at the beach by transfer buses that will take you to comfortably heated pre-boarding lounges before boarding your flight. Your luggage will be transferred from the ship to the plane. After a two-hour flight, you will land at the Punta Arenas airport (PUQ).

DEPARTING FROM PUNTA ARENAS

On arrival in Punta Arenas, you will be transferred from the airport to your post-expedition hotel for one final night. Please note that a departure transfer from the hotel to the Punta Arenas airport is not included.

Arrival and Departure Transfers

USHUAIA AND PUNTA ARENAS AIRPORT TRANSFERS

ARRIVAL: A group transfer in Ushuaia is included from the airport to your included.

DEPARTURE: A departure transfer in Punta Arenas is not included.

Expedition travel is occasionally unpredictable. We strongly recommend booking flexible international air tickets. Quark Expeditions is not responsible for any air ticket change costs you may incur.

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

Included Hotel

Accommodations:

Your included accommodation begins on Day 1 of your itinerary, and the specific hotel will be indicated on your final voyage confirmation. Ushuaia accommodations trend toward mid-range properties, and hotel space is limited. A particular property cannot be guaranteed, but space is most often booked at Hotel Las Lenguas, Hotel Los Acebos, and Albatros Hotel. A hotel night in Punta Arenas, Chile, is also provided on the last night of the trip. 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 preferred travel agent or Quark Expeditions for hotel options. As accommodation space is limited, you are encouraged to request any extra nights as early as possible.



CHARTER FLIGHT AND LUGGAGE LIMIT

This expedition includes a charter flight from King George Island, Antarctica, to Punta Arenas, Chile.

This package includes one checked bag (maximum 33 lbs /15 kgS) and one cabin bag (11 lbs/5 kgs). There are no options to pay for additional luggage, and there are no options to store luggage while on expedition.

LIMITS ARE STRICTLY ENFORCED.



OCEAN EXPLORER

The modern and elegant *Ocean Explorer* is one of the newest additions to our fleet. The 138-passenger vessel features the ULSTEIN X-BOW®—cutting-edge marine engineering that ensures smooth, comfortable sailing.

Spacious cabins feature bespoke Scandinavian design, most with verandas. Located at the bow is the two-story, light-filled library, which introduces a welcome airiness to the ship. *Ocean Explorer* guests have access to ample outdoor viewing areas and multi-height outer decks, ideal for long-view photography and wildlife viewing.

A fleet of 15 Zodiacs ensures guests disembark quickly and safely for unforgettable off-ship adventures. *Ocean Explorer* has an industry leading mix of sustainability systems, including fuel-efficient Rolls Royce engines.

Wellness options on *Ocean Explorer* feature VOYA spa treatments, sauna and Jacuzzi hydrotherapy, morning stretch sessions, a gym, and health-conscious dining—everything you need stay healthy throughout your expedition.

SHIP SPECIFICATIONS:

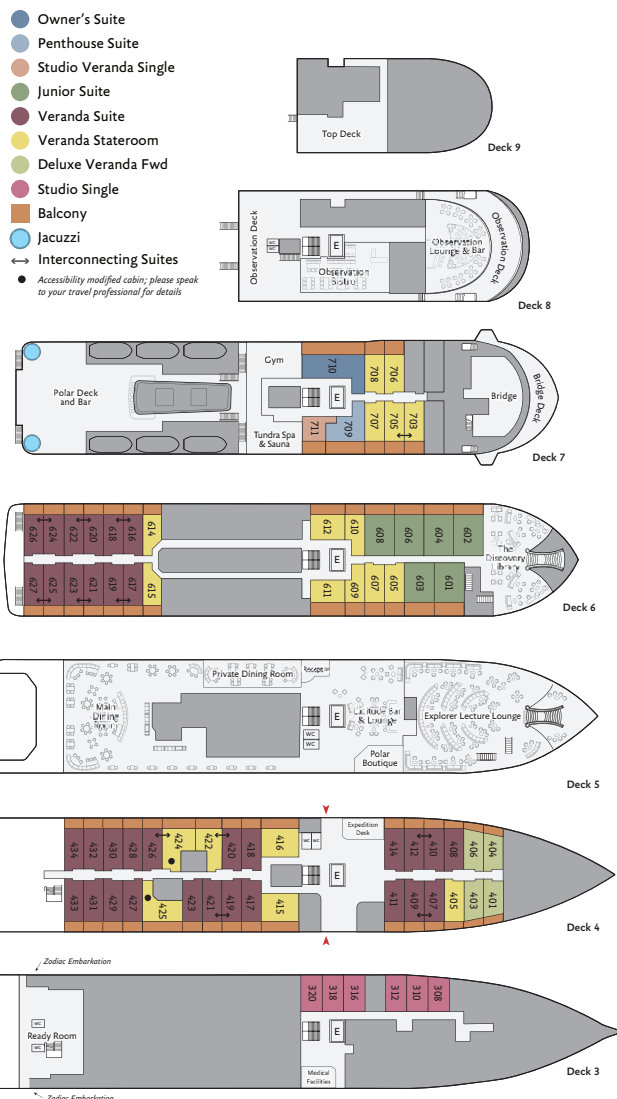
Staff and Crew: 105

Guests: 138

Lifeboats: 2

Ice Class: 1A, PC6

Visit QuarkExpeditions.com to view deck plan details.





Included Activities

These are included in your trip package.



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

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

ZODIAC CRUISING

Zodiacs—rugged inflatable watercraft—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

Hiking in Antarctica is free-form and supervised by our expert staff, who set out a perimeter or paths at each landing site within which you are free to explore. While you hike, staff will be available to enhance your experience by answering questions about the wildlife, history and geography of the area.

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 Antarctic 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 guide will help you hone your skills to capture the beauty of the polar regions.



Adventure Options

These activities cost extra and must be booked in advance of your trip.



PLEASE NOTE

Pre-booking is required for all paid activities. 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 paddlers will be taken out on calm days, with our expert guides always present to provide instruction and help you connect with the polar sea. Pre-book into one of two priority groups. Any subsequent excursions can be booked on board, and groups will be assigned via a lottery as spaces are limited.



Departure Date

Antarctic Express: Sail South, Fly North

OCEAN EXPLORER			Adventure Options	
Dates	Days	Start / End		
ANTARCTIC 2027/2028				
DEC 28, 2027 - JAN 6, 2028	10	Ushuaia/Punta Arenas	\$	\$
JAN 21, 2027 - JAN 30, 2028	10	Ushuaia/Punta Arenas	\$	\$

Raise a Glass and Stay Connected
See below for specifics on our complimentary Wi-Fi and bar service.



Inclusions and Exclusions

Inclusions

RATES INCLUDE:

For all voyages:

- An official Quark Expeditions parka to keep
- Leadership throughout the voyage by our experienced Expedition Team, 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.
- 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 your expedition
- A pair of waterproof expedition boots on loan for landings and Zodiac cruising excursions
- Hair dryer and bathrobes in every cabin
- All miscellaneous service taxes and port charges throughout the program

- All luggage handling aboard the ship
- 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.
- Group arrival transfer in Ushuaia from airport to pre-expedition hotel on Day 1
- One night's pre-expedition hotel accommodation in Ushuaia with breakfast. (Note: The number of guests per room is the same as cabin occupancy on the ship. Due to limited availability, travelers who reserve a suite on board are accommodated in standard rooms at the hotel. Triple rooms may not be available.)
- Group transfer from hotel to ship on embarkation day
- Flight from King George Island to Punta Arenas
- A post-expedition group transfer in Punta Arenas from the airport to the hotel
- One night's post-expedition hotel accommodation in Punta Arenas with breakfast.

Exclusions

RATES SPECIFICALLY DO NOT INCLUDE:

For all voyages:

- International airfare
- Passport and applicable visa expenses
- Government arrival and departure taxes not mentioned
- 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, spa services and other personal charges, unless specified
- Phone charges may vary by location
- Our complimentary data card does not include Premium packages which enable more data-intensive applications
- Voluntary gratuity at the end of the voyage for expedition staff and shipboard crew
- Additional overnight accommodation
- Arrival and departure transfers, except where explicitly stated
- Adventure Options not listed in Included Activities.



Your Expedition Team

Our Expedition Leaders are proudly and unapologetically polar-obsessed. They focus exclusively on Arctic and Antarctic exploration, and they draw on 34 years of polar expertise. They obsess over every detail of your voyage—on ship and off ship. Our Expedition Leaders spend their careers—it's a life calling, actually—feeding and sharing their passion for the Polar Regions. And they're driven to ensure you experience polar moments no one else can offer.

Our Expedition Leaders are experts in polar history, marine biology, glaciology, ornithology photography and other subjects. They're trained to handle the unexpected. All staff undergo comprehensive training at Quark Academy, which provides hands-on polar expedition training to new and experienced team members.





One of the many historic churches in Buenos Aires



Plaza de Armas, the main square of Santiago de Chile



Ushuaia Maritime Museum

Extend Your Trip

PRE- AND POST-EXPEDITION TRIP EXTENSIONS

Since you've traveled all the way to South America, you may want to explore before and/or after your voyage. In Chile, immerse yourself in the vibrant capital of **Santiago**, known for its bustling markets, award-winning Chilean wines, Andean backdrops, historic neighborhoods like Bellavista, and landmarks such as Cerro San Cristóbal.

In the smaller, Chilean city of **Punta Arenas**, you'll discover a bustling enclave of 125,000 that's rich in food, history and culture. Consider a self-guided walking tour starting at Plaza de Armas, or visit Museo Nao Victoria to see replicas of famous ships such as the Beagle. Our picks for local cuisine: ostiones parmesanos (parmesan-dusted oysters) or sopa marinera (seafood soup).

In the quaint port city of **Ushuaia, Argentina**, you can take in unique museums, incredible hiking and Patagonian cuisine. Outside the city, spend a day in nearby Tierra del Fuego National Park, marveling at the mountains, birdlife, waterfalls and forests.

To discover the best options for extending your adventure, get in touch with your Travel Professional or a Polar Travel Adviser for seamless, worry-free booking of all trip extensions.

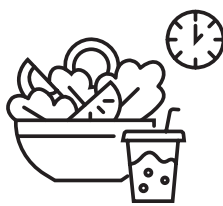


On-Ship Dining

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



7 BREAKFASTS



7 LUNCHES



7 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 is a sample of what you may experience on your expedition, whether by ship, Zodiac cruise, or shore landing.

Antarctic Peninsula

CIERVA COVE

Cierva Cove boasts jaw dropping icebergs and a glaciated backdrop. A massive glacial face regularly calves into the bay, often leaving spectacular floating ice. Seals can be spotted on ice floes, and later in the season, humpback whales occasionally feed in the icy waters.

CUVERVILLE ISLAND

Rising out of the mouth of the Errera Channel, this tall, steep island is covered by a colorful spectrum of lichens and mosses. A large gentoo penguin rookery is situated on a rocky beach at the north end of the island. Depending on when in the season you arrive, you may see the penguins building nests, incubating eggs, or attending to their chicks.

DAMOY POINT

Damoy Point is the site of a historical ice runway used by the British Antarctic Survey for their flights further south since 1975. The well-maintained hut was used as a staging-post to store supplies and for accommodation while awaiting ideal flying conditions. The point is also home to a penguin rookery and allows for spectacular views of the mountains of Anvers Island.

DANCO ISLAND

Home to gentoo penguins, this small dome-shaped island provides you with a stunning view of the Errera Channel and excellent Zodiac cruising opportunities.

ENTERPRISE ISLAND

Located in Wilhelmina Bay, this island's protected coves were once used by whalers. A Zodiac cruise exploring the island passes the rusting remains of a wrecked whaling ship, and provides opportunities to search for humpback whales.



LEMAIRE CHANNEL

One of the most scenic locations on the peninsula's west coast, this dramatic strait runs between the towering cliffs of Booth Island and the Antarctic Peninsula. The channel may become impassable when ice fills the narrow, 6.8-mile (11 km)-long passageway, so we'll hope for clear waters.

MELCHIOR ISLANDS

This group of low, glaciated islands in Dallmann Bay is where you may see hauled-out male fur seals as they recuperate from their battles for supremacy at the end of their breeding season.

MIKKELSEN HARBOR

Located on the south side of Trinity Island and surrounded by stunning ice cliffs and several reefs, Mikkelsen Harbor is a 1.86-mile (3 km)-wide bay, discovered by a Swedish Antarctic expedition in 1901-04. Enjoy a Zodiac cruise of the beautiful waters, or if conditions allow, land at D'Hainaut Island, home to an Argentine refuge hut and whaling

remains in the form of a wooden boat and whale skeletons. Weddell seals are often seen in the area and a gentoo penguin rookery is situated on the island.

NEKO HARBOUR

Little evidence remains that this bay was once used by the floating whale factory ship *Neko*. You might see whale vertebrae being used by resident gentoo penguins as shelter from the wind.

PARADISE HARBOR

Paradise Harbor is a wide bay and natural harbor on the West Antarctic Peninsula. Mountains, glaciers and ice cliffs offer spectacular views. Icebergs occasionally calve from the glaciers, providing a place for seals, penguins and seabirds to rest and play. An Argentine base, Almirante Brown Station—named after Admiral Guillermo Brown, father of the Argentine Navy—is also located in Paradise Harbor, and was operated from 1951 until a large section of it burned down in 1984. It has since been partially rebuilt and today is used during summer months for scientific research.

PETERMANN ISLAND

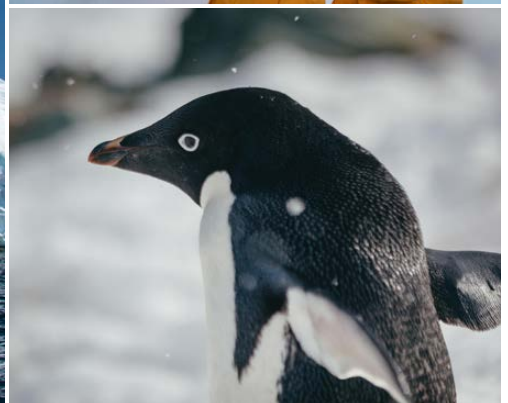
Here, near the Lemaire Channel, you can stand ashore and see the southernmost breeding colony of gentoo penguins. Adélie penguins, shags and south polar skuas also inhabit the island.

PORT LOCKROY

As part of Operation Tabarin during the Second World War, a secret British base was built in this sheltered harbor, located on the west side of Wiencke Island. Now a designated historic site, the base is a museum and post office. Proceeds from your purchases in Port Lockroy support the UK Antarctic Heritage Trust, which preserves British and other historic sites dating to the Heroic Age of Exploration. A large gentoo penguin population resides here.

WILHELMINA BAY

Humpback whales abound in "Whale-mina Bay," as it's nicknamed, and the scenery is spectacular. Sheer cliffs and glaciers surround the calm waters of the protected bay, named after Wilhelmina, queen of the Netherlands from 1890 to



1948. If you're lucky, you may see the humpbacks bubble-net feeding: they exhale while swimming in a wide circle below the surface, trapping krill in a "net" of bubbles, and then swim straight up from below, mouths open, to engulf their prey. A truly astounding sight.

South Shetland Islands

AITCHO ISLANDS

This group of small islands is situated in the northern entrance of the English Strait. You can often spot a great mix of wildlife in the area, with gentoo and chinstrap penguins having established rookeries on the islands. Southern elephant, fur and Weddell seals frequently haul out here, too.

DECEPTION ISLAND

Deception Island is a flooded circular caldera formed by the collapse of an active volcano. To reach this protected harbor, it is necessary to sail through a narrow passage called Neptune's Bellows. Inside are several bays used at various times for whaling and scientific

research. Along with waddling penguins and lounging seals, you'll see the rusting remains of whaling operations on the beach in some locations. The landscape of Deception Island often presents opportunities for longer walks to striking vistas. The stark contrast between snow and dark volcanic sand and the steam along the shoreline from geothermic activity when the tide is right, gives this location an atmospheric feel.

HALF MOON ISLAND

This crescent-shaped island was known to sealers as early as 1821. While they tried to keep this productive location secret, we're happy to bring you ashore on this impressive island. Many Antarctic birds breed here, including chinstrap penguins, shags, Wilson's storm petrels, kelp gulls, snowy sheathbills, Antarctic terns and skuas.

HANNAH POINT

On the southern coast of Livingston Island at Hannah Point, you may see chinstrap and gentoo penguin rookeries, along with the occasional breeding

macaroni penguin. Due to the rather congested area available to the nesting penguins, we are able to visit here only after January 10.

TURRET POINT

Chinstrap and Adélie penguin rookeries are found on this point, situated on the south coast of King George Island. The beaches here are often crowded with southern elephant, fur and Weddell seals hauled out on the rocks.

YANKEE HARBOUR

Gentoo penguins have established a rookery at this harbor, situated on the southwest side of Greenwich Island. Here, you can see an abandoned Argentine refuge hut and a large glacier that stretches along the east and north sides of the bay. An abandoned sealing try pot is all that remains of the activity that brought men thousands of miles in tall ships to seek their fortune. Enjoy a rare chance for a longer walk along the expansive beach, dotted with historical artifacts and wildlife.



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What to pack on your Antarctic 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 wool or synthetic socks (keep a dry pair in your bag, and bring extras for layering)
- ☐ Glove liners * ☐ Hand and feet warmers* ☐ Binoculars
- ☐ Waterproof gloves or mitts (bring an extra pair)
- ☐ Scarf, buff, or other face protection
- ☐ Warm hat that covers ears (bring an extra)
- ☐ Waterproof, lightweight backpack or dry sack and/or rain sleeve for camera or a waterproof phone case (to keep camera and gear dry)
- ☐ Polarized sunglasses with UV protection (consider bringing an eyewear retainer: string/clip etc.)
- ☐ Ski goggles (for Zodiac cruising on snowy or windy days)

*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)
- ☐ 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 and small amount of local currency (see pre-departure book for more details)

- › To view our packing checklist online, visit:
[QuarkExpeditions.com/What-to-Pack/Antarctica](https://www.quarkexpeditions.com/What-to-Pack/Antarctica)
- › 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 AND 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
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Photos captured with a telephoto lens from a responsible
distance, following regulatory/AECO guidelines.

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EXPEDITION BROCHURE
September 17, 2025

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