

ARCTIC 2024

# FOUR ARCTIC ISLANDS

Spitsbergen, Jan Mayen,  
Greenland and Iceland



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# Overview

Four Arctic Islands: Spitsbergen, Jan Mayen, Greenland & Iceland

Perfect for first-time visitors to the Arctic, this voyage highlights four spectacular destinations near the top of the world and provides an unforgettable taste of the diversity of the Arctic, featuring giant icebergs, towering mountains, expansive tundra, iconic wildlife, traditional Inuit culture and more.

Your adventure begins in the remote Norwegian island of Spitsbergen, renowned for its stunning scenery and abundant, varied wildlife such as polar bears and walrus. From there, sail south across the Greenland Sea to the mysterious, volcanic Jan Mayen, a nature reserve so remote that few have ever been fortunate enough to explore this Arctic treasure. The next stop is Greenland's beguiling east coast, where you will cruise deep into Scoresby Sund to marvel at the overwhelming beauty of the world's largest fjord system, gaze in awe at unimaginably vast icebergs, and admire the diversity of the flora and fauna that have fascinated explorers and visitors for centuries —and seize the opportunity to explore the remains of ancient Thule settlements. Your epic adventure culminates with a journey under the midnight sun to Reykjavik, where you can soak up Icelandic culture in a city that never sleeps.

## EXPEDITION IN BRIEF



Search for iconic Arctic wildlife, such as polar bears, walrus and reindeer



Explore the wildlife haven of Spitsbergen, the volcanic Jan Mayen and a breathtaking Greenlandic fjord system all in one trip



Visit a remote Inuit community



Cruise in a Zodiac to explore glaciers, icebergs and more



Immerse yourself in the icy realm of the Arctic with optional kayaking adventures



# Itinerary

## DAY 1 | ARRIVE IN HELSINKI, FINLAND

Your Arctic adventure begins in Helsinki, renowned for its extraordinary architecture and intriguing mix of eastern and western influences. If you arrive early, explore the many museums, galleries and restaurants, relax at a Finnish sauna or wander the vibrant Design District before retiring at your included hotel.

## DAY 2 | FLY TO LONGYEARBYEN, SVALBARD & EMBARK

This morning, the group will transfer to the airport and board our private charter flight to Longyearbyen, Spitsbergen's largest settlement, as part of the transfer package. As you embark this afternoon, you'll hope to enjoy great views of the mountainous landscape that serves as a backdrop for this seaside town.

## DAYS 3 - 6 | EXPLORING SPITSBERGEN

Exploring Spitsbergen, the largest island in 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 permit, you could sail within 10 degrees of the North Pole!

## DAYS 7 & 8 | CRUISING

While sailing south through the historic Greenland Sea toward Jan Mayen, your Expedition Team will keep you informed with presentations about the history



**FOUR ARCTIC ISLANDS:**  
Spitsbergen, Jan Mayen, Greenland and Iceland  
Onboard the *Ocean Adventurer* ———  
Flights from Helsinki - - - -

and politics of the Arctic, its fascinating wildlife, geology, ecology and climate, and the incredible sights you will soon explore. On deck, you'll learn to identify seabirds "on the wing." The team will also keep a lookout for the whales that frequent the waters here.

#### **DAYS 9 & 10 | EXPLORING JAN MAYEN**

North of the Arctic Circle, about 280 miles (450 km) east of Greenland and 340 miles (550 km) north of Iceland, the mysterious Jan Mayen rises from the depths of the North Atlantic. Often shrouded in thick fog, the small mountainous island was declared a nature reserve in 2010 and is rarely visited, save for the 18 rotating personnel of the Norwegian military and

Norwegian Meteorological Institute, who are the only inhabitants.

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

If we're fortunate, we may get a close-up view of the volcano and the stratified cliffs of the spectacular north coast as we Zodiac cruise along the coast of the island, searching for wildlife. Designated an Important Bird Area by BirdLife International for the large numbers of breeding seabirds, Jan Mayen supports colonies of northern fulmars, little auks,

#### **EXPEDITION SPIRIT**

Embracing the unexpected is part of the legacy—and excitement—of expedition travel. When traveling in extremely remote regions, your Expedition Team must consider the sea, ice, wildlife, and weather to guide the route and itinerary details. This itinerary is a tentative outline of what you 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.



glaucous gulls, kittiwakes, and black and Brünnich's guillemots (thick-billed murre).

### **DAYS 11 - 15 | EXPLORING SCORESBY SUND, GREENLAND**

Your tour of Scoresby Sund—the largest, deepest and, some say, most beautiful multi-armed fjord system in the world—will offer plenty of opportunities to explore ashore or by Zodiac cruise.

At one moment you'll be stepping back in time, exploring the remains of ancient Thule settlements with views of icebergs and towering mountains rising straight out of the sea, and the next you'll be immersed in contemporary culture, meeting the locals and gaining an appreciation for their way of life in Ittoqqortoormiit, East Greenland's northernmost community. At the mouth of the sound, this remote settlement boasts a blend of traditional and modern lifestyles and is geographically closer to Iceland than it is to its nearest

Greenlandic neighbors to the southwest. Here, you'll have the chance to support local Inuit artisans by purchasing unique handicrafts.

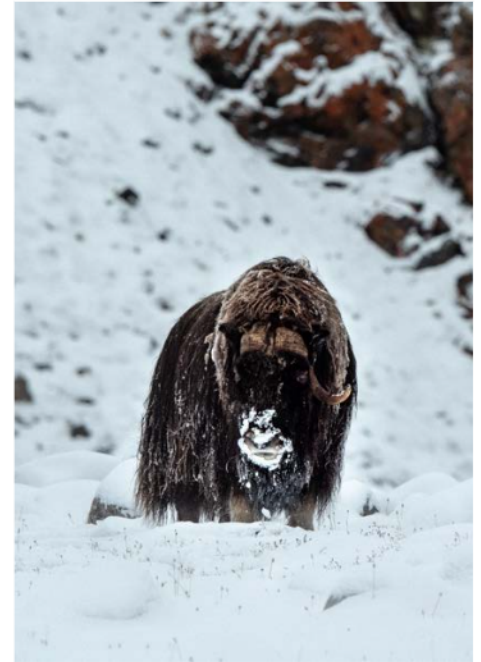
In terms of wildlife, grazing muskoxen are a possible sight, as 40 percent of the world's muskoxen population lives in this region. Polar bear sightings are also a remote possibility, as are encounters with more elusive Arctic wildlife, such as the Arctic hare. Seabirds to watch out for nesting atop the steep cliffs of the sound include little auks, fulmars and guillemots.

### **DAYS 16 & 17 | CRUISING**

As we sail south, the Denmark Strait is your pathway toward Iceland. 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. Your Expedition Team will also be on hand to answer any questions and point out wildlife.

### **DAY 18 | DEPART REYKJAVIK, ICELAND**

You'll disembark in Reykjavik, Iceland's capital, at the end of your journey. If you have booked post-expedition accommodation, we provide a transfer to a central downtown location.





# Arrival and Departure Details

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As you prepare for your journey, you may be interested in your arrival and departure details. Since international air transportation is not included in the cost of your expedition, you have some flexibility in planning your flights. Looking to extend your adventure beyond your polar expedition? On page 14, learn how to add on a pre- or post-expedition stop—or both!—in Reykjavik or Helsinki.

## Arrival Day and Embarkation

### ARRIVING 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, so arrival transfers are not necessary.

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 that evening to answer any questions about the charter flight(s) scheduled for the following morning.

### LONGYEARBYEN AND EMBARKATION

Upon arrival in Longyearbyen (Day 2 of your itinerary), you will be transferred from the airport to a drop off point to have some free time to explore this historic town. Your luggage will be taken directly to the ship, and later you will be transferred from the designated meeting point to the pier. 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 limit of 50 lbs (23 kg) checked luggage and 18 lbs (8 kg) cabin baggage on the flight between Helsinki and Longyearbyen. There is NO option to pay for additional luggage.

## Final Day and Departure

### DISEMBARKATION IN REYKJAVIK AND ONWARD

Your ship is scheduled to arrive at the pier in Reykjavik between 7am and 8am local time. After breakfast, and once the ship has docked, you will have time to bid farewell to your Expedition Team and shipmates before completing your disembarkation. The process takes about an hour. After disembarkation, you will transfer to a central downtown location.

## 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.

## Arrival and Departure Transfers

### HELSINKI AIRPORT TRANSFERS

An arrival transfer in Helsinki is not included in the expedition. Your first night's included accommodation will be provided at the airport hotel, so please make your way to the lobby for check-in when you arrive.

### REYKJAVIK AIRPORT TRANSFERS

A transfer is provided from the Reykjavik port to a central downtown location at the end of the expedition. A transfer to the airport is not included; however, a Polar Travel Adviser or your travel professional can arrange one for you.







*Ocean Adventurer Bow*



*Twin Window Cabin on Ocean Adventurer*



*Dining Room on Ocean Adventurer*

## Your Ship

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Quark Expeditions® boasts the largest 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 challenging polar environments, allowing us to take you to places ordinary cruise companies wouldn't dream of going.



**OCEAN ADVENTURER**

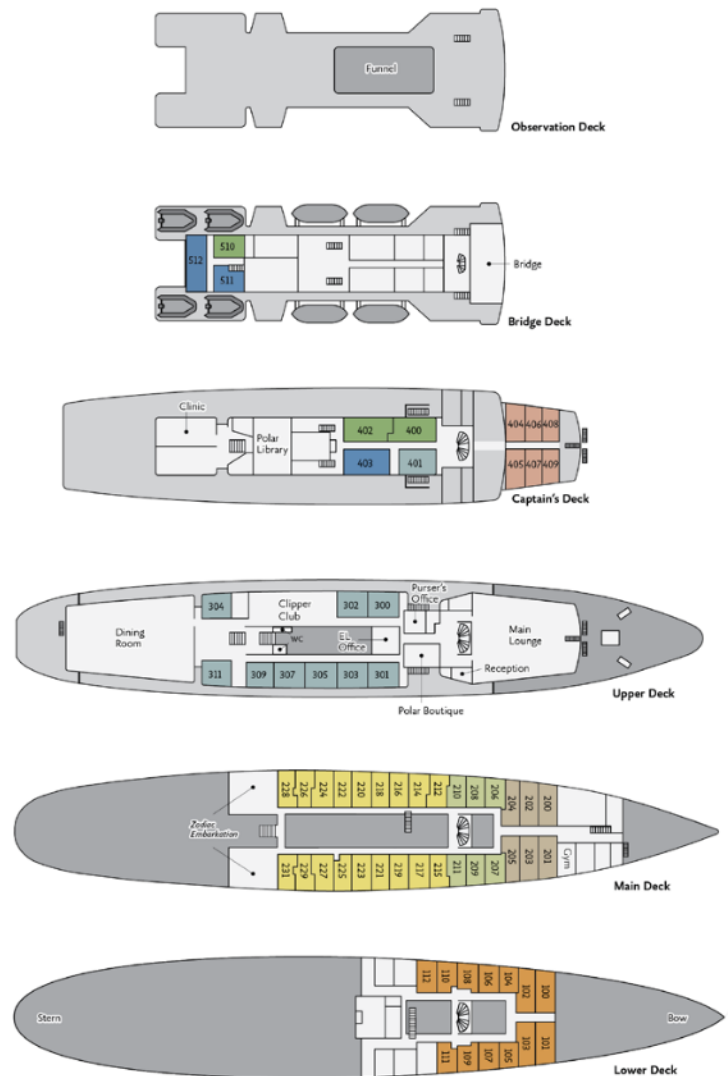
*Ocean Adventurer* has long been a fleet favorite among guests and crew who've appreciated the charm of this nimble vessel, its ample outdoor deck space, numerous cozy spots to socialize onboard, the outdoor jacuzzi and, of course, the intimacy of a 128-passenger vessel. In 2017, *Ocean Adventurer* underwent a multimillion-dollar renovation including a refreshed look and feel throughout, plus a completely remodeled lounge, dining room and bar. All cabins received brand new bathroom facilities. Six new deluxe cabins, as well as three new suites, were also added. Major technical enhancements featured two new Rolls-Royce engines, which yield increased speed and fuel efficiency, and a minimized carbon footprint.

**SHIP SPECIFICATIONS:**

- Staff & Crew: 87
- Guests: 128
- Lifeboats: 4, partially enclosed
- Ice Class: 1A

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

- Owner's Suite
- Suite
- Deluxe
- Superior
- Main Deck Twin Windo
- Main Deck Twin Portho
- Lower Deck Twin
- Triple





# Included Activities

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

## ZODIAC CRUISING

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

## HIKING

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

## PRESENTATIONS

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

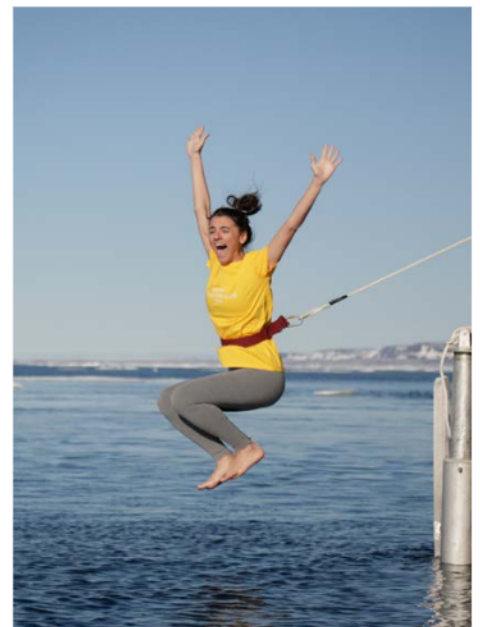
## POLAR PLUNGE

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

## PHOTOGRAPHY

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

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## PLEASE NOTE

For all paid activities pre-booking is required. We recommend booking early as spaces fill quickly. Please see your pre-departure book for a list of provided gear for each Adventure Option.

### 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.



# Dates

Four Arctic Islands: Spitsbergen, Jan Mayen, Greenland and Iceland

**OCEAN ADVENTURER**

<i>Dates</i>	<i>Days</i>	<i>Start / End</i>	 Sea Kayaking	 Paddling Excursion
<b>ARCTIC 2024</b>				
AUG 9 - 26, 2024	18	Helsinki/Reykjavik	\$	\$
<b>ARCTIC 2023</b>				
JUL 28 - AUG 14, 2023	18	Helsinki/Reykjavik	\$	\$

\$ Paid Activities



# Inclusions and Exclusions

## Inclusions

### RATES INCLUDE:

- Leadership throughout your voyage by our experienced Expedition Leaders, including shore landings and other activities
- All Zodiac transfers and cruising as per the daily program
- All shore landings as per the daily program
- Shipboard accommodation with daily housekeeping
- All meals, snacks, soft drinks and juices on board throughout your voyage (Please inform us of any dietary requirements as far in advance as possible. Unfortunately, the ships' galleys cannot prepare kosher meals.)
- Select beer and wine during dinner; and coffee, tea and cocoa available around the clock
- Formal and informal presentations by our Expedition Team and guest speakers as scheduled
- A photographic journal documenting the expedition
- A pair of waterproof expedition boots on loan for landings and Zodiac cruising excursions
- An official Quark Expeditions® parka to keep
- Hair dryer and bathrobes in every cabin
- All miscellaneous service taxes and port charges throughout the program
- All luggage handling aboard the ship
- Emergency Evacuation insurance for all passengers to a maximum benefit of USD \$500,000 per person
- Transfer from Longyearbyen town center to port on embarkation day
- Group transfer to downtown Reykjavik on disembarkation day
- Greenland voyages cruise passenger tax

### \*MANDATORY TRANSFER 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

**PACKAGE PRICE: \$695 USD**

## Exclusions

### RATES SPECIFICALLY DO NOT INCLUDE:

- Mandatory Transfer Package\*
- International airfare
- Arrival transfer in Helsinki
- Airport transfer in Reykjavik
- Passport and visa expenses
- Government arrival and departure taxes not mentioned above
- Meals ashore unless otherwise specified
- Baggage, cancellation, interruption and medical travel insurance—strongly recommended
- Excess-baggage fees on international and domestic flights
- Mandatory waterproof pants for Zodiac cruising, or any other gear not mentioned
- Laundry, bar and other personal charges unless specified
- Phone and Internet charges (connectivity 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

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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.





# Extend Your Trip

## PRE- AND POST-EXPEDITION TRIP EXTENSIONS

You can extend your trip by booking extra days to explore other northern cities before or after the voyage. If you're traveling such a long way, you may want to spend extra time in Helsinki or add on a few days in Reykjavik. Helsinki, known for melding old-world architecture with modern metropolitan ways, has plenty to offer culture enthusiasts and foodies alike. Stroll Helsinki's charming streets, grab a pint at a microbrewery, or visit dazzling shops, galleries and a traditional public sauna. You may also want to spend time in Iceland's capital; Reykjavik. We have a variety of post expedition packages in this fascinating city, known for its vibrant music and art scenes.

*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.*

FROM TOP: Kanavaranta Street; Helsinki's Fortress of Sveaborg; Reykjavik's Blue Lagoon





## Meals on Board

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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.

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





## Possible Excursions

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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-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.

## POOLEPYNTEN

This flat peninsula lies on the east coast of Prins Karls Forland (Prince Charles Foreland), which is part of a national park (est. 1973) that includes both the island and the surrounding sea. Poolepynten is a great place for walrus viewing and photography. Encountering a walrus haul-out is a moment you won't

forget. These lumbering giants of the Arctic create quite a noisy scene as each walrus vies for a choice spot of coastline.

## SMEERENBURG

Surrounded by fjords, glacier fronts and rugged mountains, the abandoned settlement of Smeerenburg, which means "blubber town," was established by Dutch whalers nearly 400 years ago. One of Europe's most northerly outposts, this is a good spot to explore ashore and learn about Spitsbergen's whaling history. You can also visit a memorial erected in 1906 to honor the whalers who lost their lives in the 17th and 18th centuries. A walrus haul-out can sometimes be seen here.

## Jan Mayen

### BEERENBERG

Covered in glaciers, this active volcano dominates the northern half of Jan Mayen, taking up a significant part of the island's mere 144 square miles (373 sq

km). A soaring 7,470 feet (2,277 meters) high, it last erupted in 1985. Let's hope for clear skies to admire this monolith from the ship or shore.

## KVALROSSBUKTA

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

## OLONKINBYEN

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



## 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 before hiking across Denmark Island, which offers stupendous views of Scoresby Sund and Føn fjord below. If conditions allow for a landing, take a short hike to a well-preserved archaeological site.

### FREDERIKSDAL

Exploring this valley system on foot may offer views of muskoxen, glaciers and ancient Thule remains.

### ITTOQQORTOORMIIT

Around 500 people call this northern settlement home. Traditional hunting and fishing ways are alive and well here.

Here you can speak with the locals, visit the museum and tourist office (with gift shop!), and even visit a weather station where a data-collecting balloon is released every morning.

### Ø FJORD

One of Scoresby Sund's many fjords, this deep fjord, which is also known as Island Fjord, is truly impressive, flanked by towering mountains and dotted with large icebergs.

### RØDEFJORD

Red Fjord, or Rødefjord, is named for the colorful sandstone located on its western side. The stone has been "stained" red by hematite, creating a geological anomaly in this part of Greenland.

### SCORESBY SUND

Revered by many as the most beautiful fjord system in the world, Scoresby Sund is definitely the longest and largest. The sound was named by William Scoresby Jr., a whaler, scientist and clergyman, who was

famed for mapping more than 400 miles (640 km) of Greenland's coastline. All previously mentioned East Greenland sites fall within Scoresby Sund.

## Iceland

### REYKJAVIK

Iceland has been ranked by the United Nations as one of the best countries in which 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.



### EXPEDITION SPIRIT

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# What to pack on your polar 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:

## 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 WEAR ON LANDINGS

- 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
- Waterproof gloves or mitts (bring an extra pair)
- Scarf, buff, or other face protection
- Warm hat that covers ears (bring an extra)
- Waterproof pants (mandatory for every Zodiac ride)
- Waterproof, lightweight backpack or dry sack
- Polarized sunglasses with UV protection (bring an extra pair)
- Ski goggles (offers extra protection for adventure options or Zodiac cruising on snowy or windy days)
- Sunscreen
- Lip Balm

## TO WEAR ONBOARD

- Complimentary Quark 3-in-1 Parka provided on board (wear the waterproof shell out on deck, and the removable liner indoors to stay comfortable)
- Comfortable casual clothing like lighter shirts, pants or jeans, etc. (in case the ship gets warm)
- Comfortable non-slip closed-toed unheeled shoes (flip flops, sandals or slip-on shoes should not be worn on board due to safety concerns)

## ADDITIONAL ITEMS

- 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.)
- Light warm jacket to wear during travel to the ship
- Workout attire (for the fitness center!)
- Binoculars
- Hand and feet warmers
- Camera with charger and extra batteries
- Extra memory or laptop with spare storage (for saving photos)
- Waterproof cell phone case or rain sleeve for camera
- Lens cloth for camera
- Earplugs and eye masks for sleeping
- Voltage converters and plug adapters (see ship book for details)
- Personal alarm such as mobile phone, watch, or alarm clock
- Moisturizer for face and hands (polar air can be dry)
- Extra pair of prescription glasses or contact lenses
- Reusable waterproof bags or plastic bags with zippers (to keep small items organized and cameras dry)
- Seasickness, indigestion, headache, or other medications
- Hand sanitizer
- Passport, visas, immunization and vaccination records, travel documents, etc. (as required)
- Small amount of local currency (see pre-departure book for more details)
- Water bottle (a collapsible reusable water bottle will be provided onboard)
- Bug spray

Scan this QR code to watch our video on what to pack before you go!



For more packing and gear-related info, visit the Quark Expeditions® online Polar Boutique at [Shop.QuarkExpeditions.com](https://www.QuarkExpeditions.com)



The Leader in Polar Adventures

TO BOOK YOUR NEXT ADVENTURE

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