



The Leader in Polar Adventures

ARCTIC 2024

NORTHWEST PASSAGE



In the Footsteps of Franklin



ULTRAMARINE
DESIGNED TO GO BEYOND



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Overview

Northwest Passage: In the Footsteps of Franklin

Winding your way through the icy channels of the legendary Northwest Passage is history brought to life during this expedition in the Canadian High Arctic and Greenland. On this compelling 17-day journey aboard our game-changing new vessel *Ultramarine*, passengers retrace the steps of the intrepid Franklin Expedition, which left the shores of England in 1845 in search of the last unexplored section of the Northwest Passage—only to become permanently icebound. Its discovery more than a century and a half later by Norwegian Roald Amundsen was a much-celebrated moment in polar history.

On *Ultramarine*, guests benefit from two twin-engine helicopters that will provide spectacular aerial views of the Arctic landscape, the most extensive portfolio of Adventure Options in the industry, more outdoor wildlife viewing spaces than any other expedition ship its size, and 20 quick-launching Zodiacs to get you closer to ancient glaciers, dramatic fjords and towering icebergs. Explore colorful Inuit villages, and shop for traditional Inuit handicrafts. Hike the endless Arctic backdrop and marvel at the vast, colorful tundra. Keep your eyes peeled for the elusive and majestic creatures that make their home in this wilderness, such as whales, walrus, muskoxen and polar bears. Come aboard *Ultramarine*, follow in the footsteps of Franklin's legendary Arctic voyage, and return home with memories permanently etched in your heart.

EXPEDITION IN BRIEF



Experience highlights of Greenland and the Canadian Arctic



Explore colorful Greenlandic villages and shop for traditional Inuit handicrafts



View iconic Arctic wildlife, such as whales, walrus and muskoxen



Hike the colorful tundra



Cruise in a Zodiac to get up close to glaciers, fjords, icebergs and more



Enjoy flightseeing and heli landings with *Ultramarine's* two onboard helicopters



Itinerary

DAY 1 | ARRIVE IN TORONTO, CANADA

Your Arctic expedition begins in Toronto. Explore this vibrant city on your own before spending the night enjoying the comfort and amenities of your designated hotel.

DAY 2 | FLY TO KANGERLUSSUAQ, GREENLAND, AND EMBARK

After breakfast, board your charter flight to Kangerlussuaq, a small community nestled deep inside a 118 mile (190 km) long fjord. Enjoy your first Zodiac ride as you're transferred from shore to ship. Out on deck, take in your new surroundings before you set sail on your Arctic adventure.

DAY 3 & 4 | EXPLORING WEST GREENLAND

Cruising around the remote regions of Greenland and the Canadian Arctic aboard *Ultramarine*, the newest ship in our fleet, you'll navigate the same icy inlets, channels and bays that fascinated legendary explorers of long ago. Designed to give polar adventurers unprecedented access to the hardest-to-reach places on the planet—and equipped with two onboard twin-engine helicopters for unparalleled access to areas only Quark Expeditions can bring you—this one-of-a-kind ship will take you beyond the familiar in polar exploration. Throughout your journey, your Expedition Team will keep an



NORTHWEST PASSAGE
In the Footsteps of Franklin
 Onboard the *Ultramarine* —————
 Flights from Toronto and to Calgary from the ship - - - - -

eye toward immersing you in the best the Arctic has to offer at the top of the world. Locals call Maniitsoq the Venice of Greenland, as it's situated in an archipelago intersected by natural canals. Soaring, snow-capped mountains surround the small, rocky town, whose name means "the uneven place." Playful humpback whales spend summer in the waters around here.

The Greenlandic capital of Nuuk is a haven for history and culture lovers. See for yourself the unique and thriving culture of contemporary Greenland that mingles the ancient with the modern in surprising and wonderful ways. Stroll down to the waterfront to see the Hans Egede Church and Hans Egede statue, named for the missionary who established the settlement in 1728. Marvel at the famous remains of 500-year-old fully dressed mummies, discovered under a rock outcrop in 1972 by two brothers out hunting, at the Greenland National

Museum. The Nuuk Art Museum and Katuaq Culture Centre are also worth visiting.

DAY 5 | CRUISING

Say goodbye to Greenland's shores as you traverse the Davis Strait in pursuit of the Canadian Arctic. Presentations by on-board experts will prepare you for the adventures that lie ahead.

DAYS 6 - 15 | EXPLORING CANADA'S HIGH ARCTIC

Visit towering fjords, historical sites and Inuit communities as you follow in the footsteps of famous explorers from long ago in the Canadian High Arctic.

The picturesque Inuit hamlet of Pangnirtung is nestled beneath the jagged peaks of Mount Duval. An artist's hub, Pang is renowned for its traditional Inuit arts and crafts, especially lithographs and intricate tapestries. At the Uqqurmiut Centre for Arts & Crafts, watch craftspeople in the tapestry

studio if they're working and pick up a limited-edition print. A must for visitors, a colorful Pang hat will keep you warm during the remainder of your Arctic voyage. You might visit nearby Kekerten, an uninhabited island that was a major whaling destination in the 1800s.

At the southern tip of the Cumberland Sound, Cape Mercy was named by British explorer John Davis (yes, he of the Davis Strait), who sailed through it in 1585. This is the site of an old Distant Early Warning Line installation, dating back to the Cold War. These and many other stations were set up to detect Soviet bombers. It's an ideal spot to go ashore for a hike.

As icebergs travel down the Davis Strait, they're naturally trapped at Qikiqtarjuaq (formerly known as Broughton Island). The icy waters here are also home to ring and harp seals. A hike up to the hilltop inuksuk rewards with spectacular views of the community. Inuksuks are stone figures or cairns that traditionally call attention to the location for navigation, abundant harvesting or spiritual significance.

Cruising further north along the mountainous east shore of Baffin Island, we'll approach Isabella Bay, an important summer and fall feeding area for the largest concentration of bowhead whales in Canada. Bowheads are a truly a remarkable arctic leviathan that research has revealed may live more than 200 years of age - the oldest mammal.

At the northern tip of Baffin Island, near the eastern entrance to the Northwest Passage, is the Inuit hamlet of Pond Inlet, surrounded by scenic mountains, fjords, glaciers and icebergs. Many in the community still follow a nomadic lifestyle and hunt for their food.



At the top of Baffin Island sits Lancaster Sound, a true arctic oasis. Known by the Inuit and their predecessors for thousands of years, this channel and the surrounding lands are extremely rich in wildlife and history, both indigenous and European.

The area around Lancaster Sound affords several hiking opportunities. At Dundas Harbour, on Devon Island, you'll visit an abandoned beachside outpost of the Royal Canadian Mounted Police. At nearby Croker Bay, cruise in a Zodiac (at a safe distance) along the face of an actively calving glacier. Your Expedition Team will also keep its eyes peeled for walrus that are known to visit the bay. Farther west, some of the best ancient Thule remains in the Arctic are at Radstock Bay, beside the soaring Caswell Towers.

At the western end of Devon Island, the windswept Beechey Island is steeped in history. Named after famed British explorer Frederick William Beechey, it's a Canadian National Historic Site. You'll visit the small marked graves of three crew members who died during Sir John Franklin's tragic 1845-46 expedition.

Over 150 years later, Roald Amundsen landed here in 1903, during the first successful voyage by ship through the Northwest Passage.

Sailing down the east coast of Somerset Island, you may be fortunate to spot beluga whales and if you're very fortunate, narwhals, as they feed at Creswell Bay. An Important Bird Area, the bay also attracts such species as black-bellied plovers, king eiders and white-rumped sandpipers. You'll also have time to explore Fort Ross, where the Hudson's Bay Company established a now-abandoned trading post in 1937. At the midpoint of the Bellot Strait, the narrow channel that separates Somerset Island from mainland North America, you'll reach the northernmost area of the continental landmass, Zenith Point.

DAY 16 | DISEMBARK IN RESOLUTE, CANADA & FLY TO CALGARY

After disembarking in Resolute, you'll be transferred to your charter flight to Calgary, where you'll spend the night at your included hotel.

DAY 17 | DEPART CALGARY

Today, make your way to the airport to catch your homeward flights, or spend the day exploring this fascinating city.

EXPEDITION SPIRIT

Embracing the unexpected is part of the legacy—and excitement—of expedition travel. When traveling in extremely remote regions, your Expedition Team must consider the sea, ice, 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.





Arrival and Departure Details

Arrival Day and Embarkation

ARRIVING IN TORONTO

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

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

EMBARKATION IN KANGERLUSSUAQ

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



PLEASE NOTE

There is a strict luggage limit of 44 lbs (20 kg) checked luggage and 11 lbs (5 kg) cabin baggage on the flights between Toronto and Resolute. Should you have additional luggage, it can be stored at the hotel in Toronto. There is NO option to pay for additional luggage.

Final Day and Departure

DISEMBARKATION IN RESOLUTE

Your ship is scheduled to arrive in Resolute between 7am and 8am local time. After breakfast, and once the ship has anchored, you will have time to bid farewell to your Expedition Team and shipmates before taking one last Zodiac ride to shore. After disembarkation, you will be transferred to the airport for the return charter flight to Calgary.

DEPARTING FROM CALGARY

Upon arrival in Calgary, there will be a group transfer to your included post-expedition hotel. After breakfast the following morning, you may make your way to the airport to connect with your homeward flight, or stay longer if you have booked additional accommodation.

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

TORONTO/CALGARY AIRPORT TRANSFERS

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

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





Your Ship: *Ultramarine*

NEW! ULTRAMARINE

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

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

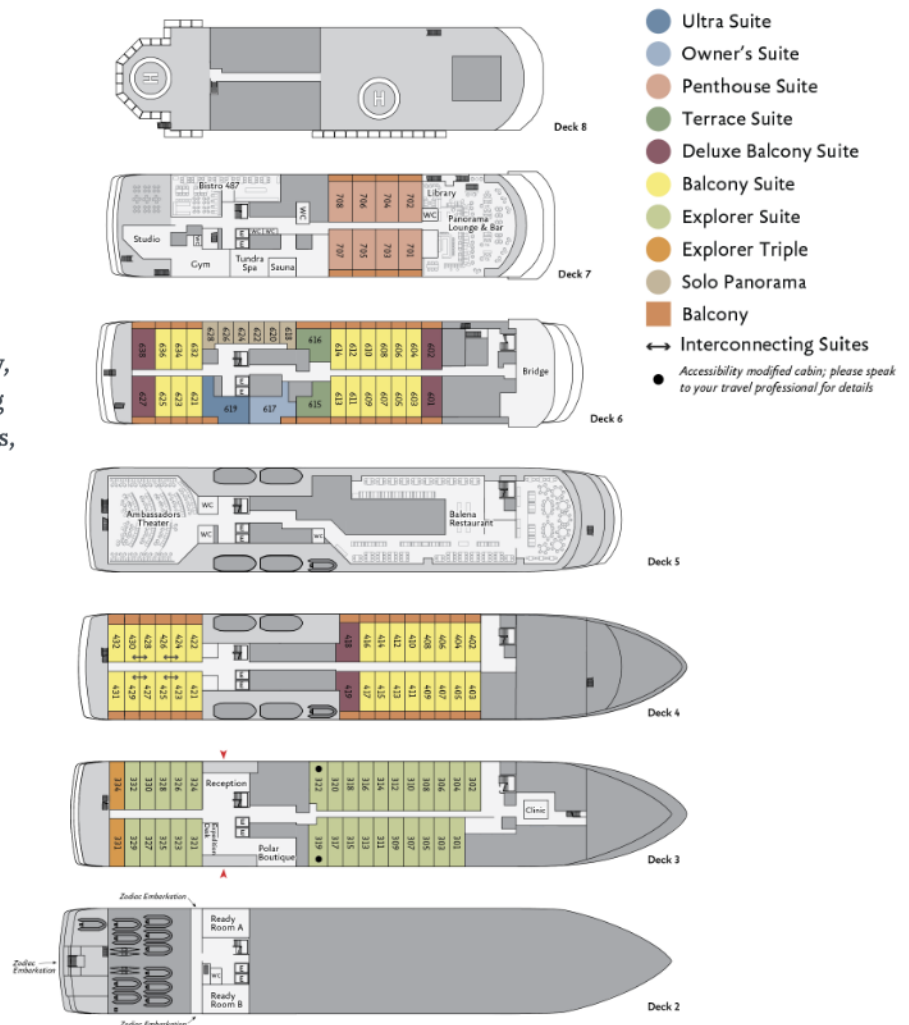
With all this and more, *Ultramarine* is perfectly positioned to deliver the ultimate polar expedition experience.

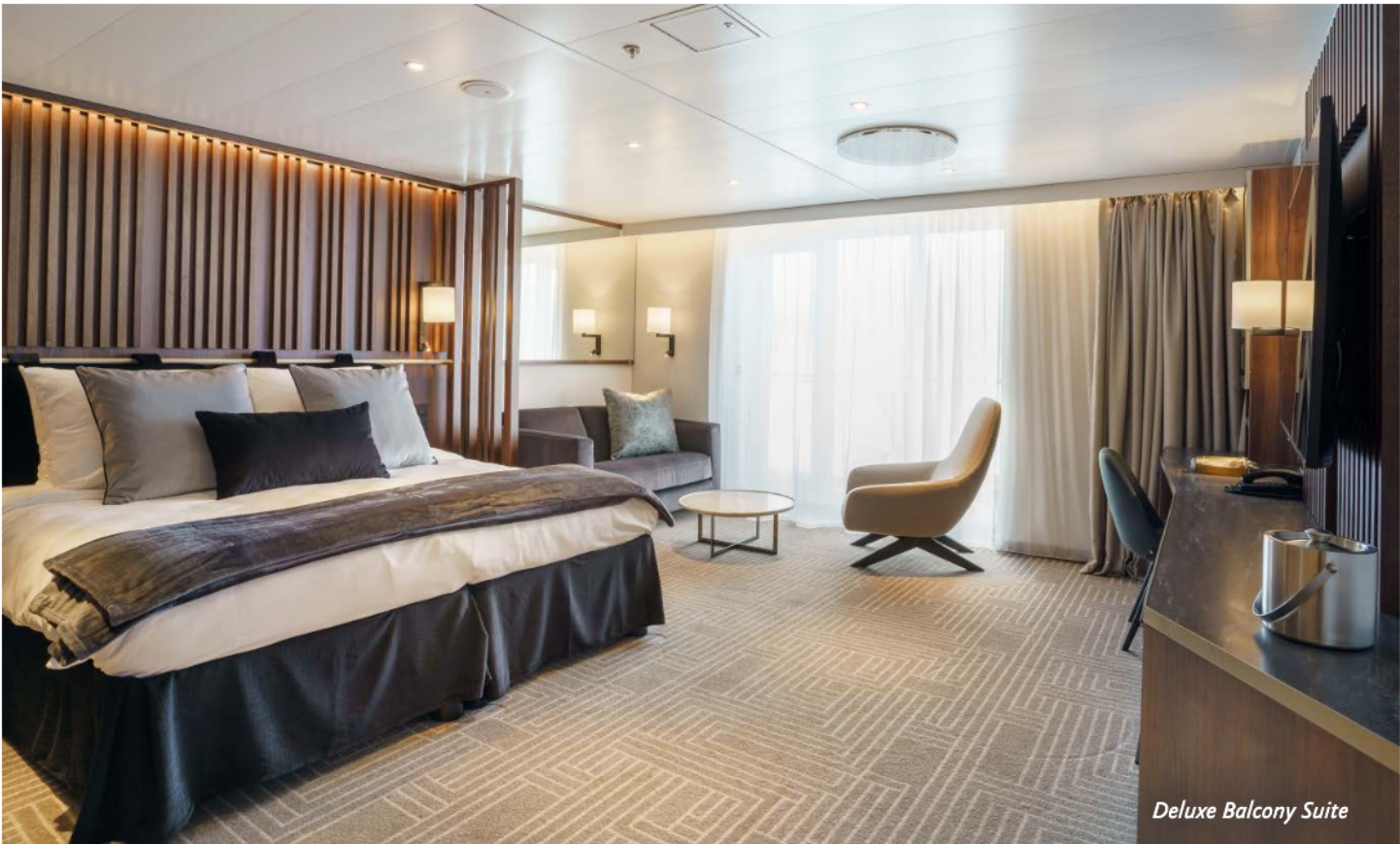
SHIP SPECIFICATIONS:

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

Visit QuarkExpeditions.com to view deck plan details.

All images are artist's renderings.





Deluxe Balcony Suite



Sauna



Panorama Lounge



Fitness Center



Balena Restaurant



Included Activities



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

FLIGHTSEEING

While polar landscapes are spectacular from the sea, they're even more stunning from the air, a view you can enjoy while seated in one of the two twin-engine helicopters stationed on *Ultramarine*. Typically in groups of fewer than 10, you will experience an unforgettable aerial tour of the Arctic during a 10- to 15-minute flightseeing excursion that's included in the cost of the voyage. Additional helicopter activities may also be available for purchase on board. Please note: all helicopter operations are weather- and logistics-dependent.

ZODIAC CRUISING

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



HIKING

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

PRESENTATIONS

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

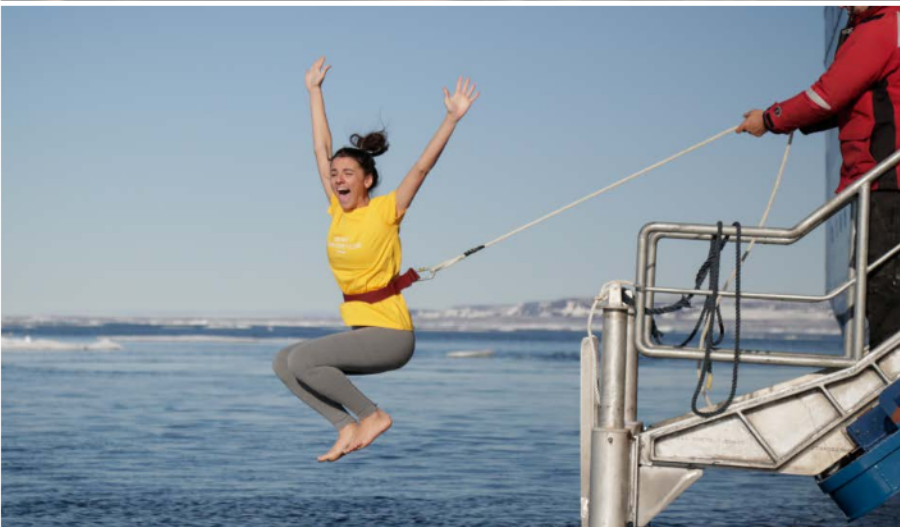
POLAR PLUNGE

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

PHOTOGRAPHY

Documenting your voyage so you can take the memories home is a rewarding experience. Our photography guides will help you hone your skills to capture the beauty of the polar regions.

Contact your Polar Travel Adviser or your Travel Professional for more information about your Included Activities and Adventure Options, including the necessary experience, physical requirements and cost.





Adventure Options



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.

Each exclusive heli-landing experience is uniquely curated by our expedition team, taking conditions, regulations and location capacity into consideration.



EXCLUSIVE HELI-LANDING

Imagine setting foot in an area of the Arctic that can only be safely accessed by helicopter. With a small group of fellow passengers and expert guides, you'll board one of *Ultramarine's* two twin-engine helicopters to soar off to an exclusive polar site where no ships can navigate.

Expect stunning bird's-eye views during your flight, and then, upon arrival, simply sit back, relax and take in the splendor of the Arctic from "the best seat in the house": glacial amphitheatres, breath-taking summits, and more. Traveling in groups of 12 with no more than 4 groups (48 guests) at a time on each landing, you'll have time to relax and quietly reflect on the beauty of your polar surroundings, after which you'll be picked up by the helicopters in the same location and returned to *Ultramarine*.



TUNDRA TO TABLE

Our ground-breaking Tundra to Table experience offers guests a one-of-a-kind adventure into the culinary traditions of the Inuit in Greenland and Nunavut. You'll savor food made with ingredients direct from the sea and surrounding Arctic land—prepared by local chefs. Enjoy an evening of Inuit storytelling as you dine on traditional dishes of the Inuit of Greenland and Nunavut, including beer-braised muskox served with Greenlandic mashed potatoes, and pickled halibut served with lumpfish dip and bread. Our on-ship Tundra to Table experience is the only exclusively Inuit culinary offering of its kind in the world.



Dates

Northwest Passage: In the Footsteps of Franklin

ULTRAMARINE

<i>Dates</i>	<i>Days</i>	<i>Start / End</i>	 Flightseeing	 Sea Kayaking	 Exclusive Heli-Landing	 Inuit Culinary Experience
ARCTIC 2024						
AUG 1 - 17, 2024	17	Toronto/Calgary	Included	\$	\$	\$
ARCTIC 2023						
JUL 30 - AUG 15, 2023	17	Toronto	Included	\$	—	—

\$ 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
- Greenland voyages cruise passenger tax

Exclusions

RATES SPECIFICALLY DO NOT INCLUDE:

- Mandatory Transfer Package*
- International airfare
- Arrival and departure transfers in Toronto
- Passport and visa expenses
- Canadian eTA required for non-Canadian or U.S. visa-exempt passengers
- Government arrival and departure taxes not mentioned above
- Meals ashore unless otherwise specified
- Baggage, cancellation, interruption and medical travel insurance—strongly recommended
- Excess-baggage fees on international and domestic flights
- Mandatory waterproof pants for Zodiac cruising, or any other gear not mentioned
- Laundry, bar and other personal charges unless specified
- Phone 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

*MANDATORY TRANSFER PACKAGE INCLUDES:

- One night's pre-expedition hotel accommodation in Toronto
- Group transfer from the Toronto hotel to the airport on Day 2
- Charter flight from Toronto to Kangerlussuaq
- Group transfer from the Kangerlussuaq airport to the ship on embarkation day
- Group transfer from the ship to the Resolute airport on disembarkation day
- Charter flight from Resolute to Calgary
- Group transfer from Calgary airport to hotel
- One night's post-expedition hotel accommodation in Calgary

PACKAGE PRICE: \$2,895 USD



Your Expedition Team

Our Expedition Leaders and their teams bring diverse expertise in subjects as varied as polar history, marine biology, glaciology, ornithology and photography. Their knowledge and enthusiasm will greatly enhance your immersion into the polar environment and further deepen your connection to the Arctic.

With over 30 years of experience bringing passengers to remote polar regions and an industry-leading staff-to-guest ratio, we know how to safely handle the unexpected. Ensuring this hard earned experience is passed on, our expedition staff receive comprehensive training in Quark Academy, which provides hands-on polar expedition training prior as part of our onboarding process as well as ongoing training for experienced staff.





Meals on Board

If there is one constant on board, it is that you'll enjoy delicious meals daily. While meal times may change due to landings and wildlife encounters, you'll always be served three well-prepared meals per day. Most dietary restrictions can be accommodated by letting us know prior to your expedition.

Breakfasts and lunches are normally served buffet style, while dinners are served plated. À la carte meals are made at the time of your order, allowing our chefs to prepare each dish to your individual needs, ensuring you receive top-quality meals during the course of your expedition.

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





Possible Excursions

When traveling in extremely remote regions, your Expedition Team must consider the sea, ice and weather to guide the route and itinerary details. The following sites are a sample of what you may experience on your expedition, whether by ship, Zodiac cruise, or shore landing.

West Greenland

KANGERLUSSUAQ

Kangerlussuaq sits at the head of a 118-mile (190 km) long fjord. The tiny town has Greenland's largest airport and a unique history. Although Inuit and their predecessors occupied or visited the area, Kangerlussuaq's modern incarnation dates back to the U.S. occupation of Greenland as an air force base beginning in World War II.

NUUK

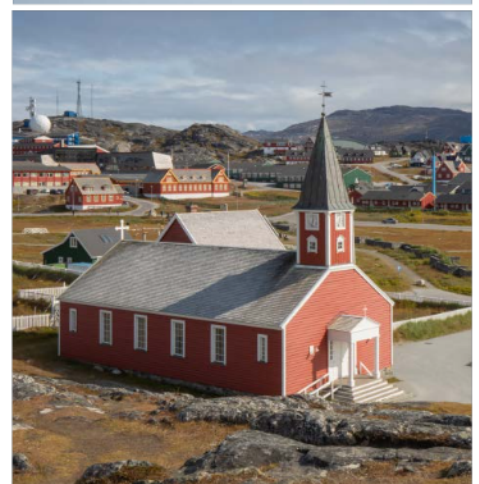
Nuuk is the epicenter of Greenland's fascinating emerging culture. At population 15,000, the world's smallest capital city is a wonderful and curious mix of the traditional and the new.

A particular highlight is the Greenland National Museum, which offers an insight into social change affecting the country from the 1950s onwards. Other exhibits include some of the world's oldest rocks (approx. 3.8 billion years found close to Nuuk), and the Qilakitsoq exhibit displaying the mummified remains of 15th century Inuit women and a six-month old child. The Katuaq Culture Centre and Nuuk Art Museum are also worth exploring.

Canada

ARCTIC BAY

This picturesque and remote community maintains strong ties to the land and sea, as its Inuit inhabitants have lived as nomadic hunters in this region for almost 5,000 years. The protective high hills and sheltered shores of this hamlet make for an ideal nesting habitat for various Arctic birds, including thick-billed murres, kittiwakes, ivory gulls and Ross's gulls. Seals, narwhals and bowhead whales call the waters here home.



BEECHEY ISLAND

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

BELLOT STRAIT

The 1.2 mile (2 km) wide Bellot Strait separates Somerset Island from the Boothia Peninsula. During the transit, you sail past the northernmost point of mainland North America.

CAPE MERCY

In June 1585, British explorer John Davis (he of the Davis Strait) embarked on the first of three voyages to search for the legendary Northwest Passage. In August 1585, he reached this area at the northern

entrance to the Cumberland Sound and named it Cape of God's Mercy. Now known as Cape Mercy, it's the site of a dramatic glacial fjord.

CROKER BAY

A nearby glacier actively calves off chunks of ice, creating a birthing place for icebergs at Croker Bay. The bay was a popular stop during the 1800s, when a path to the Pacific (the Northwest Passage) was at the forefront of Arctic exploration.

FORT ROSS

In 1937, the Hudson's Bay Company established a trading post, named Fort Ross, on the southern coast of Somerset Island. Due to the harsh conditions and isolation of the post, it was closed in 1948. The store and manager's house still stand.

PANGNIRTUNG

When the Hudson's Bay Company built a trading post in Pangnirtung in 1926, local Inuit families moved to the tiny



settlement. A Royal Canadian Mounted Police detachment was established two years later. A hospital opened in 1929, but it wasn't until 1962 that most of the Inuit who lived on Cumberland Sound relocated to Pang. The community has become internationally renowned for the tapestries and prints by local artists.

POND INLET

Europeans have been visiting the area that came to be known as Pond Inlet since the 1600s. The first visitors arrived seeking the Northwest Passage. In the 1800s, whalers brought wood and barter goods to the community. These visitors were latecomers, as the indigenous peoples had been living in the region for thousands of years.

PRINCE LEOPOLD ISLAND

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

QIKIQTARJUAQ

Known until 1998 as Broughton Island, Qikiqtarjuaq sits at the foot of the Baffin Mountains, the highest range east of the Rocky Mountains. From the cape, multitudes of icebergs can be seen coming down Davis Strait, and the rich arctic waters are home to numbers of seals and whales.

RESOLUTE

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



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'll experience on this voyage; please be aware that no specific itinerary can be guaranteed. By the same token, wildlife encounters as described are expected, but not guaranteed. Your Expedition Team will use their considerable experience to seek out wildlife in known habitats, but the presence of any particular species of bird or marine wildlife is not guaranteed.

What to pack on your 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

Contact your Travel Professional
or a Quark Expeditions® Polar Travel Adviser

TOLL FREE AND LOCAL NUMBERS:

North America (Toll Free) **1 888 332 0008**

U.K. Tel **+44 203 514 2712**

U.K. (Toll Free) **0 808 120 2333**

Australia Tel **+61 2 72580333**

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

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

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

QuarkExpeditions.com



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THE ART OF ESCAPE

Call 020 7749 5484 and let
Kenwood Cruise's dedicated
specialists help you plan the
voyage of a lifetime.

Photos captured with a telephoto lens from a responsible
distance, following regulatory/AECO guidelines.

PHOTO CREDITS: (over all Expedition Brochures for the Arctic 2024 season):

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EXPEDITION BROCHURE
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