



The Leader in Polar Adventures

ARCTIC 2025

# Svalbard Explorer

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Best of High Arctic Norway

## ULTRAMARINE

DESIGNED TO GO BEYOND

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# Overview

Svalbard Explorer: Best of High Arctic Norway

This fascinating expedition provides a taste of everything Spitsbergen has to offer, starting with its largest settlement, Longyearbyen. The largest island of the Svalbard archipelago is known as the “wildlife capital of the Arctic,” and on this stirring voyage, we show you why. A key focus of this 10-day expedition will be to seek out the abundant wildlife that resides here, including walrus, reindeer, and that most iconic of Arctic denizens, the polar bear, in their natural habitat, while marveling at the surreal experience of continuous daylight. Explore the unique Arctic landscape, hike the vast and colorful tundra, learn about the history and geology of this remote wilderness, and join us on a gripping excursion to a faraway, unforgettable land.

This exciting introductory journey to the remote Norwegian island, renowned for its stunning scenery and abundant, varied wildlife, is now available on two ships, each providing a distinct polar experience. *Ultramarine*, our new, game-changing polar vessel, can take you to remote destinations most other ships can’t reach. Aboard *Ultramarine*, explore Spitsbergen in brand new ways—taking advantage of the 20 quick-launching Zodiacs, and more outdoor wildlife viewing spaces than other expedition ships its size—to create the Arctic experience perfect for you. *Ocean Adventurer*, a passenger favorite, is much loved for its intimate onboard ambience that enables guests to connect with other travelers and members of the expedition team.

## EXPEDITION IN BRIEF



Encounter iconic Arctic wildlife, such as polar bears, walrus and reindeer



Take advantage of continuous daylight



Hike the tundra and polar desert



Cruise in a Zodiac to explore glaciers, fjords, 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 your ship sets sail, enjoy your first view of the island's rugged, glacier-topped mountains rising majestically from frigid waters.

## DAYS 3 - 9 | EXPLORING SPITSBERGEN

You'll cruise around this magical island on a constant search for wildlife. Your expedition will cover western Spitsbergen as well as stunning fjords to the north. From polar flora to immense glaciers, the natural landscape here is just as varied as the wildlife.

Each expedition presents new opportunities and different weather and ice, so there is no fixed itinerary; however, some of the places we may visit include the 14th of July Glacier, Smeerenburg, Alkefjellet and the Hinlopen Strait. The destinations visited will be selected for optimum wildlife viewing with an appreciation of the history and geology of Spitsbergen.



**SVALBARD EXPLORER:**  
**Best of High Arctic Norway**  
 Onboard Ocean Adventurer & Ultramarine ———  
 Flights to/from Helsinki - - -



The island offers multiple opportunities for wildlife photography. Since most of Svalbard's Arctic ecosystem is uninhabited and well-protected, this remote archipelago is one of the world's best places to spot polar bears against stunning natural backdrops of mountains and ice.

The towering cliffs of Alkefjellet provide homes to thousands of Brünnich's guillemots (thick-billed murre).

Coming across a walrus haul-out is a moment you won't soon forget. Get a chance to witness the intimate gatherings of giant pinnipeds as they haul out together on small coastal strips.

If you're itching to experience a more intimate view from the water, you can book the sea kayaking or paddling excursion adventure options.

In Spitsbergen, there is no shortage of natural beauty. The tundra can be surprisingly colorful in summer, with wildflowers bursting for a taste of sunshine. Each day, you'll see something interesting, whether it is an ever-changing gallery of spectacular icebergs, a polar bear resting between hunts, or an abandoned historical site from centuries ago.

#### **DAY 10 | DISEMBARK IN LONGYEARBYEN & FLY TO HELSINKI**

The time to say goodbye to your Expedition Team and shipmates has come. Your adventure ends as it began, in the historic frontier-style settlement of Longyearbyen. From here, we'll transfer you to the airport for your return group charter flight to Helsinki, included in the transfer package.

#### **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, and International Flight Planning

|                                                                                                                                                                                                                                                                             |                                                     |                                                           |                         |                                      |                                  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------------|-------------------------|--------------------------------------|----------------------------------|
|                                                                                                                                                                                                                                                                             |                                                     |                                                           |                         |                                      |                                  |
|                                                                                                                                                                                                                                                                             | <b>DAY 1</b>                                        | <b>DAY 2</b>                                              | <b>EXPEDITION DAYS</b>  | <b>FINAL DAY</b>                     |                                  |
|                                                                                                                                                                                                                                                                             | International flight in*<br>Arrival and hotel night | Charter flight to<br>embarkation point<br>and embarkation | On ship or landing days | Disembarkation<br>and charter flight | International<br>flight onward** |
| <p>* Arrive anytime on Day 1 or earlier. Day 1 includes an optional briefing.</p> <p>** Consider booking your international flight home after the Final Day as charter flight times may vary.</p> <p> International flights are not included in the cost of the voyage.</p> |                                                     |                                                           |                         |                                      |                                  |

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.

## Arrival Day and Embarkation

### DAY 1 — ARRIVING AND HOTEL NIGHT IN HELSINKI

You may arrive in Helsinki at any time during Day 1 of the itinerary. Your included accommodation will be at the airport hotel, 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. Please keep in mind that your hotel room may not be ready for check in until 3pm. 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. Final details and check-in procedures can be found in your final documents.

### DAY 2 — CHARTER FLIGHT AND EMBARKATION IN LONGYEARBYEN

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

### PLEASE NOTE

There is a strict luggage weight limit on checked luggage and cabin baggage on the flights between Helsinki and Longyearbyen. Should you have additional luggage, it can be stored at the hotel in Helsinki. There is NO option to pay for additional luggage.

#### You will find in your final documents:

- › Luggage weight restrictions on charter flights
- › Hotel information and check in time
- › Charter flight time to embarkation point
- › Embarkation plan
- › Departure charter flight time



## Final Day and Departure

### DISEMBARKATION IN LONGYEARBYEN AND CHARTER FLIGHT

Your voyage is scheduled to end back in Longyearbyen where you will disembark after breakfast. The process takes about an hour and due to port logistics, and may involve one last Zodiac ride to the pier.

### DEPARTING FROM HELSINKI

Arrival times back to Helsinki will not be available until 30 days prior to your voyage. If you wish to book your international flights before this point, we suggest you book a post night in Helsinki and depart the following morning. Scheduled charter flight times will appear in your final documents, and any additional updates will be communicated on board prior to disembarkation.

### PLEASE NOTE

#### Included Hotel Accommodations:

Your included accommodation begins on Day 1 of your itinerary, and the specific hotel(s) will be indicated in your final voyage confirmation. If you are arriving prior to Day 1 of your expedition or are staying after the disembarkation day and would like to extend your stay, you can book directly with the hotel or through a third party.

## Arrival and Departure Transfers

### HELSINKI AIRPORT TRANSFERS

Arrival and departure transfers in Helsinki are 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. The voyage concludes on arrival at the Helsinki airport. If you require a transfer to the city, you will need to arrange your own transportation. Most airports we travel in and out of have good taxi ranks in the arrivals area, or you can pre-book a transfer online.

If you are flying home right away, you will most likely be able to board a connecting flight on the same day. Please be sure to allow three hours between our charter arrival and your international departure.



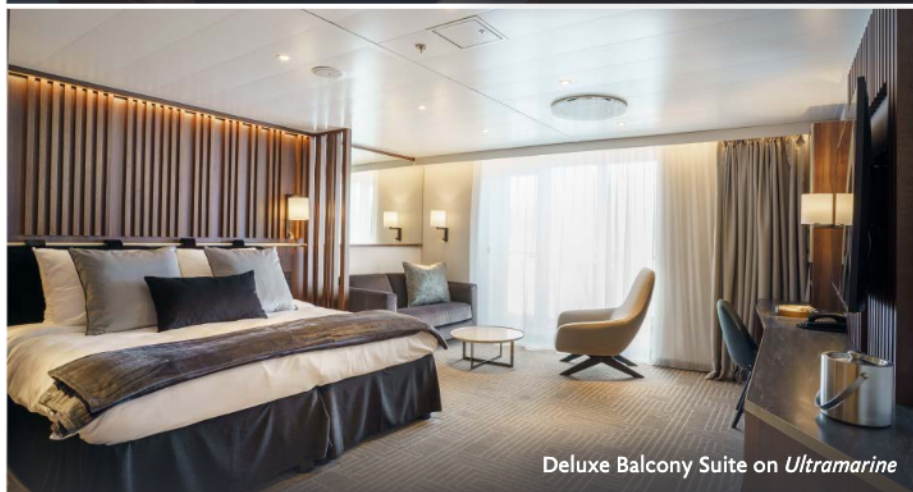




*Ocean Adventurer Bow*



*Twin Window Cabin on Ocean Adventurer*



*Deluxe Balcony Suite on Ultramarine*

## Your Ship Options

Quark Expeditions maintains the most diverse fleet of small polar vessels in the expedition industry. Our ice-strengthened vessels were built for the challenging polar environments, so we can confidently take you to places that larger cruise ships cannot navigate.



## 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.

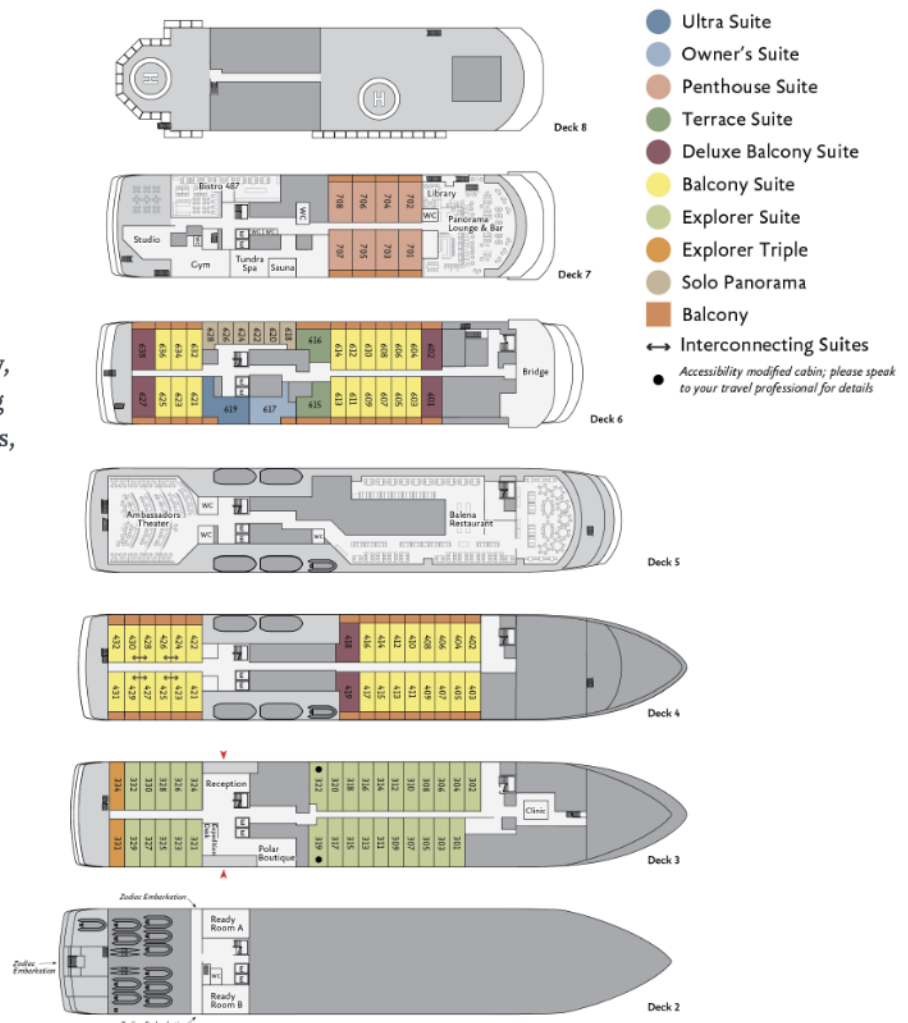
With all this and more, *Ultramarine* is perfectly positioned to deliver the ultimate polar expedition experience.

## SHIP SPECIFICATIONS:

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

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

All images are artist's renderings.







## 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

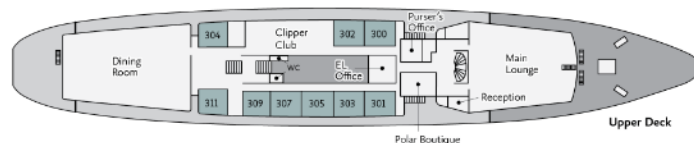
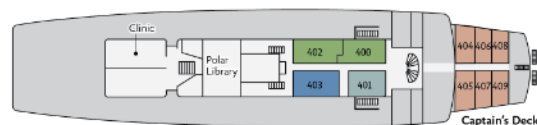
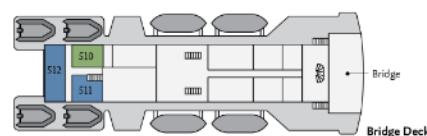
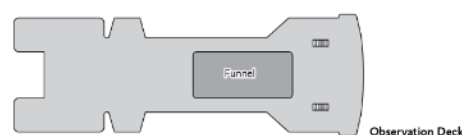
Guests: 128

Lifeboats: 4, partially enclosed

Ice Class: 1A

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

- |                 |                           |
|-----------------|---------------------------|
| ● Owner's Suite | ● Main Deck Twin Window   |
| ● Suite         | ● Main Deck Twin Porthole |
| ● Deluxe        | ● Lower Deck Twin         |
| ● Superior      | ● Triple                  |





# Included Activities

All of these activities are included in the price of your trip.

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

## ZODIAC CRUISING

Zodiacs are the workhorses of polar expeditions, taking you to places the ships can't access, allowing you to reach remote shorelines, explore shallow inlets and 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 the best way 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.

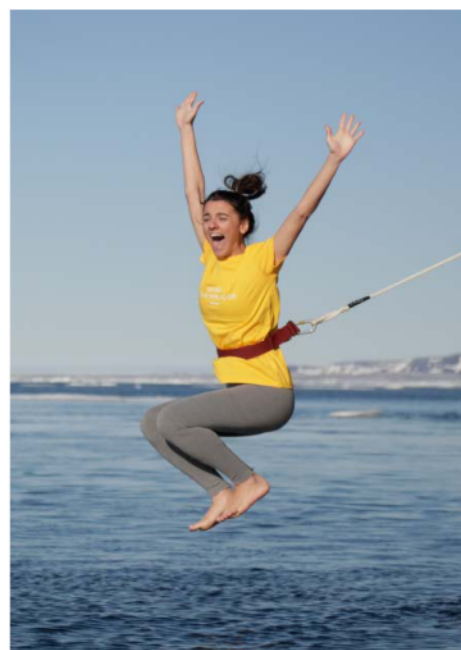
## POLAR PLUNGE

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 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

All of these activities cost extra and should be booked in advance of your trip.



## PLEASE NOTE

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

### SEA KAYAKING

Imagine gliding across the surface of a bay in the presence of icebergs and glaciers. Our Sea Kayaking program is a great way to intimately explore your surroundings. A small group of kayakers will plan to go out multiple times per voyage as an alternative to shore landings or Zodiac cruises.

The number of opportunities to kayak is weather dependent, and will be conducted only during calm conditions. Prior kayaking experience is required, and you must be able to do a wet exit to participate. Beginners interested in kayaking should consider participating in the Paddling Excursion.

### PADDLING EXCURSION

If you're interested in kayaking but would like to try something a bit less demanding than Sea Kayaking, you're the perfect candidate to sign up for a one-time paddle on our stable sit-on-top kayaks—perfect for anyone with minimal or no kayaking experience. Small groups of passengers will be taken out on calm days, with our expert guides always present to provide instruction and help you connect with the polar sea. Two groups of 10 will be pre-booked, and once successfully completed, any subsequent outings will be offered via lottery on board.



# Departure Dates

Svalbard Explorer: Best of High Arctic Norway

## ULTRAMARINE

| <i>Dates</i>         | <i>Days</i> | <i>Start / End</i> | <br>Sea Kayaking | <br>Paddling Excursion |
|----------------------|-------------|--------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| ARCTIC 2025          |             |                    |                                                                                                    |                                                                                                           |
| MAY 11 - 20, 2025    | 10          | Helsinki           | \$                                                                                                 | \$                                                                                                        |
| MAY 24 - JUN 2, 2025 | 10          | Helsinki           | \$                                                                                                 | \$                                                                                                        |
| JUN 1 - 10, 2025     | 10          | Helsinki           | \$                                                                                                 | \$                                                                                                        |
| JUN 9 - 18, 2025     | 10          | Helsinki           | \$                                                                                                 | \$                                                                                                        |
| JUN 17 - 26, 2025    | 10          | Helsinki           | \$                                                                                                 | \$                                                                                                        |

## OCEAN ADVENTURER

| <i>Dates</i>         | <i>Days</i> | <i>Start / End</i> | <br>Sea Kayaking | <br>Paddling Excursion |
|----------------------|-------------|--------------------|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| ARCTIC 2025          |             |                    |                                                                                                      |                                                                                                             |
| MAY 15 - 24, 2025    | 10          | Helsinki           | \$                                                                                                   | \$                                                                                                          |
| MAY 23 - JUN 1, 2025 | 10          | Helsinki           | \$                                                                                                   | \$                                                                                                          |
| MAY 31 - JUN 9, 2025 | 10          | Helsinki           | \$                                                                                                   | \$                                                                                                          |
| JUN 8 - 17, 2025     | 10          | Helsinki           | \$                                                                                                   | \$                                                                                                          |
| JUN 16 - 25, 2025    | 10          | Helsinki           | \$                                                                                                   | \$                                                                                                          |
| JUN 24 - JUL 3, 2025 | 10          | Helsinki           | \$                                                                                                   | \$                                                                                                          |
| JUL 2 - 11, 2025     | 10          | Helsinki           | \$                                                                                                   | \$                                                                                                          |
| JUL 10 - 19, 2025    | 10          | Helsinki           | \$                                                                                                   | \$                                                                                                          |
| JUL 18 - 27, 2025    | 10          | Helsinki           | \$                                                                                                   | \$                                                                                                          |
| JUL 26 - AUG 4, 2025 | 10          | Helsinki           | \$                                                                                                   | \$                                                                                                          |

\$ 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
- Transfers between Longyearbyen town center and port on embarkation and disembarkation day

## Exclusions

### RATES SPECIFICALLY DO NOT INCLUDE:

- Mandatory Transfer Package\*
- International airfare
- Arrival and departure transfers in Helsinki
- 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

### \*MANDATORY TRANSFER PACKAGE INCLUDES:

- One night's pre-expedition hotel night at Helsinki airport hotel, with breakfast
- Charter flight from Helsinki to Longyearbyen
- Arrival and departure transfers in Longyearbyen
- Charter flight from Longyearbyen to Helsinki



## 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.







## 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.

### Spitsbergen

#### ALKEFJELLET

This cliff is a seabird colony, where Brünnich's guillemots (thick-billed murre) raise their young. An estimated 60,000 breeding pairs reside on the basalt cliffs. The birds do not build nests; rather, they lay eggs on the bare ledges of the cliff. Witness the spectacle of thousands of birds flying to and from their cliff edge, speckling the sky and water, like a beehive on a much grander scale.

#### 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.

#### **NORDAUSTLANDET ISLAND**

This is the second-largest island in the entire Svalbard archipelago, and home to the polar desert. Featured here is Bråsvellbreen, an ice cap connected to the larger Austfonna, which together form a 112-mile- (180 km) long ice cliff. Bråsvellbreen's glacier face makes for an impressive sight during a Zodiac cruise, stretching all the way to the horizon.

#### **HORNSUND**

The most southerly fjord in Svalbard offers some of the most spectacular scenery, with dramatic calving glaciers, drifting pack ice and majestic peaks (the highest of which are often shrouded in mist). A Polish research station has operated on the northern shore of Hornsund since 1957. Part of Sør-Spitsbergen National Park, this pristine area is rich in wildlife—reindeer, Arctic fox and polar bears can be spotted hunting for food, while seals bask on floating ice.

#### **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 Arctic expedition

**WHAT TO BRING!** Packing for the Polar Regions doesn't have to be daunting, and to make it easier for you, all Quark Expeditions voyages include a Quark parka to keep, and a loan of insulated waterproof boots. Additional suggested items include:

## BY SEA

All transfers ship to shore and Zodiac/ship cruising.

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

\*recommended layering depending on the conditions of the day and reflecting your personal thermo-regulation comfort levels.

## BY LAND (Shore Excursions and Hiking)

In addition to the gear requirements (as above) mandatory for the transit from ship to shore, it is recommended to bring:

- ☐ Hat, buff or scarf (for wind and weather protection)
- ☐ UV protection (sun hat, polarized sun glasses, sun block, lip balm etc.)
- ☐ Collapsible walking sticks for hikes (if required)  
Quantities are available to borrow on every vessel
- ☐ Additional reusable (thermos-regulating) water bottle (in addition to the reusable collapsible water bottle provided)

## TO WEAR ON BOARD

- ☐ The complimentary Quark 3-in-1 Parka provided on board is designed with a waterproof shell that can be worn out on deck, and a removable liner that you can wear to stay comfortable indoors)
- ☐ Comfortable casual clothing like lighter shirts, pants or jeans, etc. (in case the ship gets warm)
- ☐ Comfortable non-slip closed-toed, heelless shoes (flip flops, sandals or slip-on shoes should not be worn on board due to safety concerns)
- ☐ Workout attire (for the fitness center and other indoor activities)
- ☐ Swimsuit (for the Polar Plunge! Some vessels may also have a pool, hot tub, sauna and/or steam room. See your ship book for details.)

**Just a reminder:** No formal evening wear required on our voyages but if you would like to bring something a little more dressy for the Captain's welcome and farewell cocktails you may certainly do so!

## ADDITIONAL ITEMS

- ☐ Passport, visas, immunization records, travel documents, etc. as required
- ☐ Camera gear—complete with charger, storage medium, transport and cleaning kit (lens cloth etc.) and extra batteries
- ☐ Reusable waterproof bags or plastic bags with zippers (to keep small items organized and cameras dry)
- ☐ Voltage converters and plug adapters (see ship book for details)
- ☐ Seasickness, indigestion, headache, or other medications
- ☐ Earplugs and eye masks for sleeping
- ☐ Moisturizer for face and hands (skin dryness due to wind and temperature changes)
- ☐ Credit Card & Small amount of local currency (see pre-departure book for more details)

- › To view our packing checklist online, visit: [QuarkExpeditions.com/What-to-Pack/Arctic](https://www.quarkexpeditions.com/What-to-Pack/Arctic)
- › Related topics are covered on our Frequently Asked Questions page: [QuarkExpeditions.com/Frequently-Asked-Questions](https://www.quarkexpeditions.com/Frequently-Asked-Questions)



Scan this QR code or [click here](#) to watch our video on what to pack before you go!

## WEATHER CONDITIONS & TEMPERATURES

Polar weather is extremely variable; temperatures may hover around the freezing mark and winds can be strong. The extended daylight warms sheltered areas so that you may sometimes find it warm enough for t-shirts. However, you may encounter rain, snow squalls, fog and white-outs during an expedition and should be ready for any conditions.





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**EXPEDITION BROCHURE**  
September 27, 2023