



The Leader in Polar Adventures

ARCTIC 2024

ARCTIC EXPRESS CANADA

The Heart of the Northwest Passage



ULTRAMARINE

DESIGNED TO GO BEYOND

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Overview

Arctic Express Canada: The Heart of the Northwest Passage

Long before any European explorer set foot—or set sail—in this incredibly remote part of the Canadian High Arctic, the Inuit, as custodians of this vast stretch of land, thrived. The Inuit culture was long established by the time the quest for trade routes to the Far East inspired the age of exploration—and the quest for the elusive jewel known as the Northwest Passage. On Arctic Express Canada: The Heart of the Northwest Passage, guests explore the great sea route at the top of the world on our game-changing new ship *Ultramarine*. Equipped with two twin-engine helicopters, 20 quick-deploy Zodiacs and advanced sustainability systems, *Ultramarine* enables travelers to fully immerse themselves in the Arctic landscape, and still get back home a week and a half later.

Nature and wildlife are the guides on this voyage as you explore the region's diverse treasures. This voyage requires guests to embrace a spirit of discovery as each Arctic Express Canada voyage will be unique, distinctly curated to maximize your experience in this remote and majestic land. The Arctic's stark beauty offers an unforgettable backdrop, while Quark Expeditions world-class team and our local partners provide the knowledge and insight to help you connect with the region's geography, and unique history of those who have lived here for thousands of years. *Ultramarine's* two twin-engine helicopters, 20-quick-launching Zodiacs and unprecedented mix of on-ship amenities and off-ship Adventure Options will deliver an unrivaled Arctic experience no other vessel can.

EXPEDITION IN BRIEF



Explore the highlights of Tallurutiup Imanga (Lancaster Sound)



Search for iconic Arctic wildlife, such as polar bears and muskoxen



Experience incredible flightseeing and optional heli activities aboard *Ultramarine's* helicopters



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



Visit Inuit communities and learn about their rich traditions and culture.



Itinerary

DAY 1 | ARRIVE IN CALGARY, CANADA

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

DAY 2 | FLY TO RESOLUTE & EMBARK

This morning, board your charter flight to Resolute, Nunavut. Upon arrival, you will be transferred to your ship via Zodiac or helicopter (depending on ship location and weather conditions).

DAYS 3 - 7 | EXPLORING CANADA'S HIGH ARCTIC

Winding your way around the remote islands of the Canadian High 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 as they searched for the fabled Northwest Passage, the great sea route at the top of the world. 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 work hard to give you a taste of the best the Canadian Arctic has to offer, immersing you in the heart of the Northwest Passage in under a week. You'll quickly get a sense of one



ARCTIC EXPRESS CANADA
 The Heart of the Northwest Passage
 Onboard the *Ultramarine* ———
 Flights between Calgary and Resolute - - - - -

of the true wonders of the Canadian High Arctic: its staggering remoteness. It is here, in these rugged landscapes thousands of kilometres from civilization that so few outsiders have visited, that you'll experience the true essence of the remote High Arctic.

While this waterway is known to European cultures as the Northwest Passage, these lands and waters have nurtured and sustained the Inuit and their predecessors who have called these shores home for almost 5,000 years. Moving through these remote landscapes you will be traveling through Inuit Nunangat, the ancestral homelands of the Inuit. Local guides will enhance the guest experience onboard and during shore excursions as they share their Inuit history and traditions. Nunavut is an Inuktitut word meaning "our land" and the Nunavummiut (the people of Nunavut) are renowned for their incredible resourcefulness, hospitality, good humor, and a deep knowledge of the land and animals that has allowed them to thrive in the far north for millennia.

Remote and rich in history, the Canadian High Arctic is as awe inspiring as it is informative. Your days spent exploring this mysterious region will have you traveling back in time to the Age of Exploration. While following in the footsteps of renowned explorers like Sir John Franklin and Roald Amundsen, you'll navigate the waters and visit the historic sites in the area around Lancaster Sound that were key to the discovery of the Northwest Passage. You'll also learn about the scientific, cultural, geopolitical and environmental aspects of the route from our world-class experts, guides and the local communities. Reaching remote lands that have lured adventurers for centuries will be an experience you'll never forget.

Wildlife sightings are likely, as many of the areas we hope to explore are home to a surprising number of birds and mammals that thrive in this challenging environment. You may see polar bears, muskoxen and several bird species, such as gyrfalcons and thick-billed murre. If you're lucky, you may even spot the elusive narwhal or a bowhead

whale, though sightings of these iconic creatures in the wild are rare, even in places where we have the greatest chances of encountering them.

Coburg Island, for instance, is a wildlife reserve for such birds as thick-billed murre (Brünnich's guillemot), black-legged kittiwakes, northern fulmars and black guillemots, while the impressive vertical cliffs of Prince Leopold Island are dotted with nesting seabirds like northern fulmars and black guillemots. The sheltered shores and steep cliffs of Arctic Bay, a hamlet located in Admiralty Inlet, provide an ideal nesting habitat for various High Arctic birds such as thick-billed murre (Brünnich's guillemots) and kittiwakes. This community, whose inhabitants' ancestors have lived a traditional Inuit nomadic lifestyle in the region for almost 5,000 years, is also an ideal spot to go ashore and learn more about the Inuit culture, sampling the local cuisine and mingling with artists, perhaps picking up carvings or other handicrafts as a memento of your polar adventure.



Devon Island is another possible locale for wildlife encounters, as walrus, polar bears and muskoxen inhabit the area, which is also the location of the remains of a Royal Canadian Mounted Police outpost, established at Dundas Harbour in 1924 to curb foreign whaling and other activities. Here you'll find a small cemetery, one of Canada's most northerly, still maintained by the RCMP to this day. Another exciting excursion your Expedition Team might offer, conditions permitting, is the opportunity to fly up to explore the Devon ice cap, one of the largest in the Canadian Arctic.

At the western end of Devon Island, windswept Beechey Island might be small, but it's steeped in history, as its broad shore and safe anchorage made a suitable stopover for Arctic expeditions. You'll want to pay your respects to the ill-fated Franklin expedition of 1845-46 at the small marked graves of three crew members on the island, one of Canada's most significant historical sites. This is

also where Norwegian Roald Amundsen stopped to pay his own respects to his childhood hero, Franklin, during his 1903-06 voyage, which became the first successful transit of the Northwest Passage.

History buffs will be further intrigued by the chance to explore an abandoned Hudson's Bay Company trading post at Fort Ross, at the southern end of Somerset Island.

Fort Ross is at the eastern entrance of Bellot Strait. One of the goals of this expedition is to transit this famous channel, one of the most narrow and challenging of the passage. If we're successful, at the midpoint you'll sail past Zenith Point, the northernmost point of continental North America. Named for Frenchman Joseph Bellot, one of several explorers who set out in the 1850s to search for Franklin's doomed expedition, the strait separates Somerset Island from the Boothia Peninsula on mainland

Canada. (On Beechey Island, you can visit the memorial to Bellot, who disappeared during his search for Franklin.)

Those looking for even more excitement may have the opportunity to cruise by Zodiac along the face of an active glacier near Croker Bay, Devon Island and possibly even witness the wonder of calving ice, at a safe distance. Listen closely for the steady crackle and loud roars as pieces of ice break off and crash into the water below. You'll also want to be on the lookout for walrus that are occasionally spotted in this area.

There is no shortage of natural beauty, wildlife and history in Canada's High Arctic. Each day, you'll discover something new and inspiring, whether it is admiration of the tundra flora that survive here, a rare bird species soaring overhead, a polar bear on the hunt in its natural habitat, or the ancient remains of a Thule dwelling, ancestors of the Inuit.



Remember that no two polar voyages are alike, since each expedition presents new opportunities and different weather and ice conditions. While this voyage has no fixed itinerary, our objective is to visit as many of the incredible highlights the season has to offer, using the opportunities provided by the weather and ice to give you the best experience. Each day, your highly skilled Expedition Team will read the conditions and choose the best course to set, but despite their extensive expertise in these areas, each visit brings something new to discover. That said, our expeditions will have some elements in common, including daily Zodiac cruising, land excursions, a robust education program, a community visit and wildlife viewing opportunities. And thanks to our onboard helicopters, you'll also discover the ultimate polar expedition experience: as stunning as polar landscapes are from your ship, they're even more striking from the

air! Conditions permitting, you'll enjoy ultra-immersive activities like flightseeing (short sightseeing flights around your ship and surrounding areas), as well as kayaking, Zodiac cruising and hiking, to name a few.

DAY 8 | DISEMBARK IN RESOLUTE, CANADA & FLY TO CALGARY

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

DAY 9 | 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 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

DAY 1 — ARRIVING IN CALGARY

You may arrive in Calgary 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.

DAY 2 — EMBARKATION IN RESOLUTE

Your flight to the Arctic is expected to depart from Calgary to Resolute 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 Resolute, you will be transferred to the ship by Zodiac.

PLEASE NOTE

There is a strict luggage weight limit on checked luggage and cabin baggage on the flights between Calgary and Resolute. Should you have additional luggage, it can be stored at the hotel in Calgary. 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 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.

Arrival and Departure Transfers

CALGARY AIRPORT TRANSFERS

Arrival and departure transfers in Calgary are not included; if you require a transfer, you will need to arrange your own transportation. Most airports we travel in and out of have reliable taxi ranks in the arrivals area, or you can often pre-book a transfer online.

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.





Your Ship: *Ultramarine*

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.

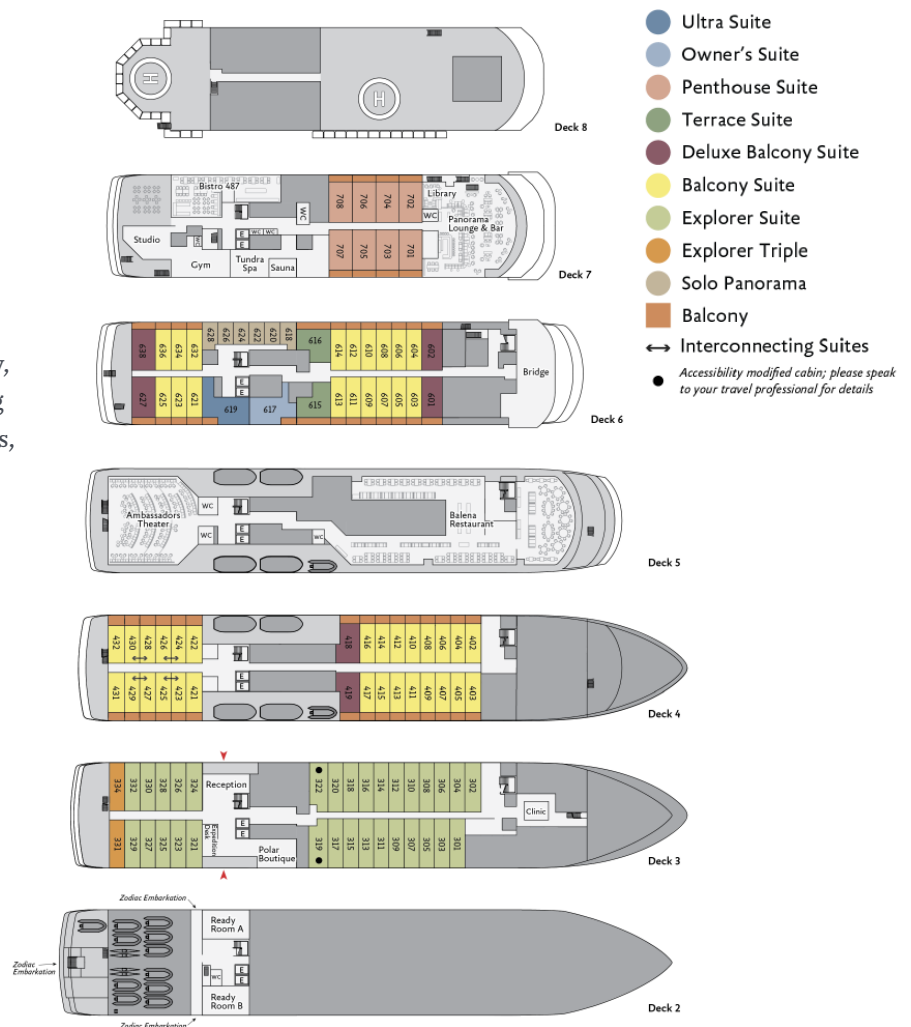
With all this and more, *Ultramarine* is perfectly positioned to deliver the ultimate polar expedition experience.

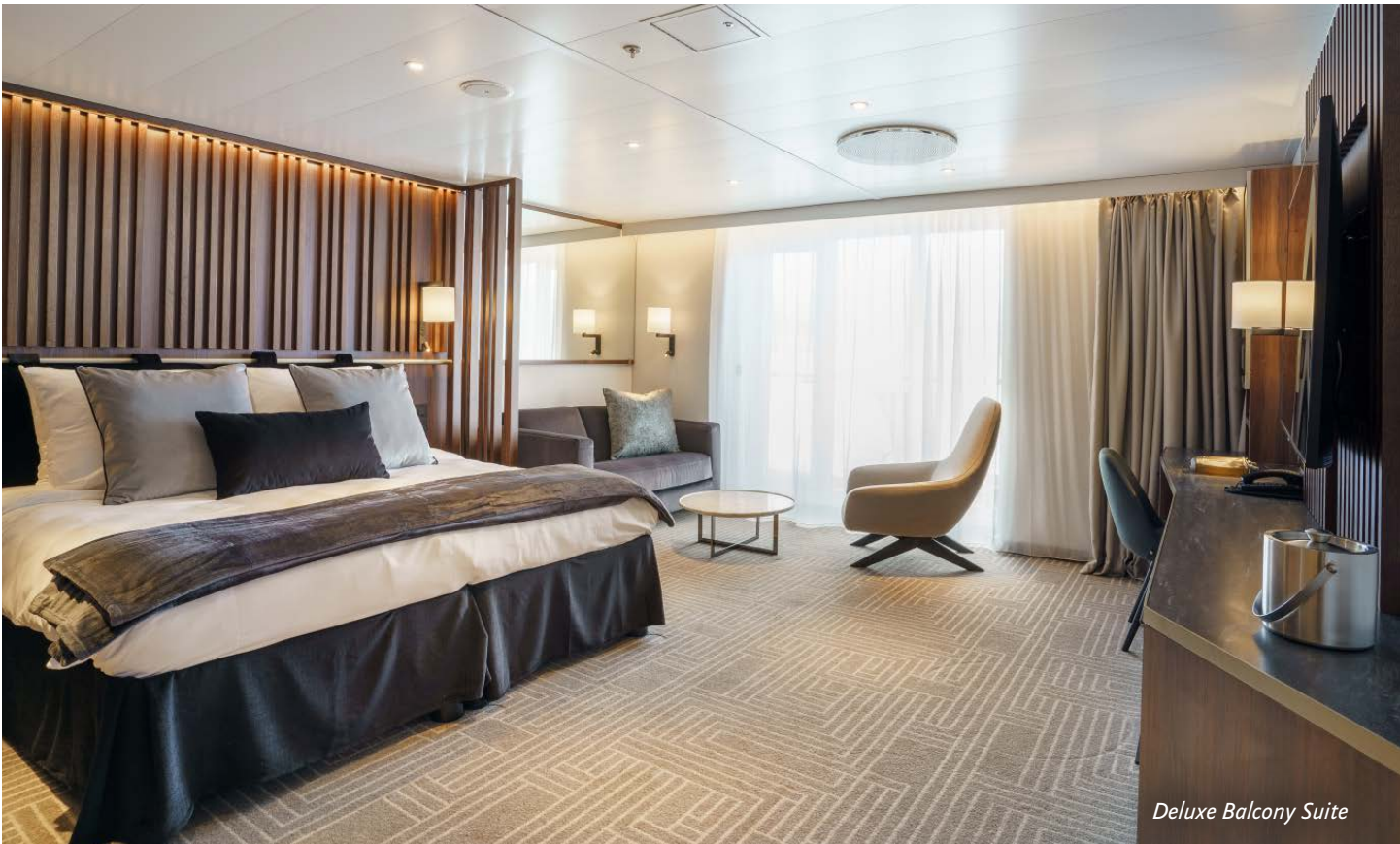
SHIP SPECIFICATIONS:

- 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 6-9, 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.

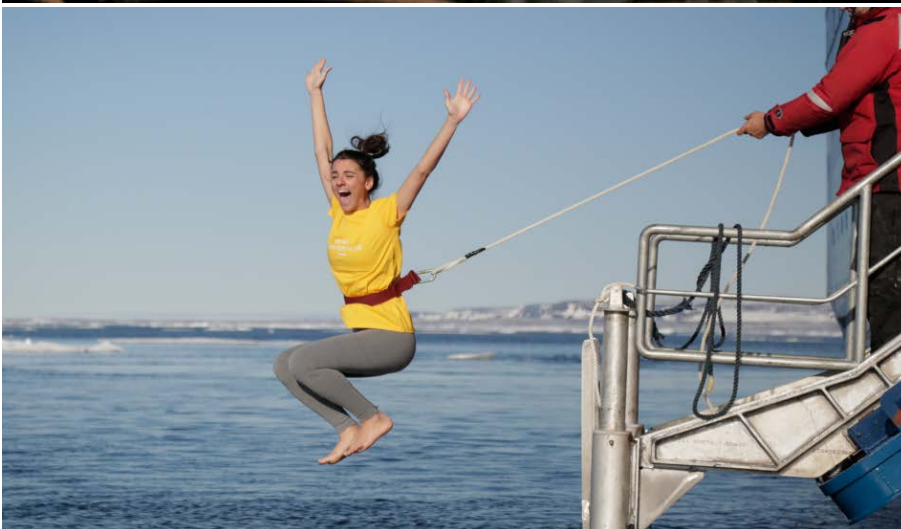
POLAR PLUNGE

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 onboard 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

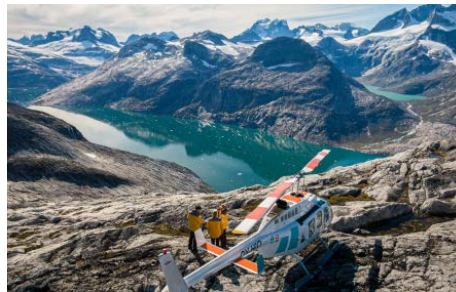


SEA KAYAKING

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 amphitheaters, 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.

PLEASE NOTE





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



Dates

Arctic Express Canada: The Heart of the Northwest Passage

ULTRAMARINE

<i>Dates</i>	<i>Days</i>	<i>Start / End</i>	 Flightseeing	 Exclusive Heli-Landing	 Sea Kayaking	 Inuit Culinary Experience
ARCTIC 2024						
SEP 2 - 10, 2024	9	Calgary	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

*MANDATORY TRANSFER PACKAGE INCLUDES:

- One night's pre-expedition hotel accommodation in Calgary
- Group transfer from the Calgary hotel to the airport on Day 2
- Charter flights between Calgary and Resolute
- Group transfers between the Resolute airport and the ship
- Group transfer from the Calgary airport to hotel on disembarkation day
- One night's post-expedition hotel accommodation in Calgary

Exclusions

RATES SPECIFICALLY DO NOT INCLUDE:

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



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.

Canada

ADMIRALTY INLET

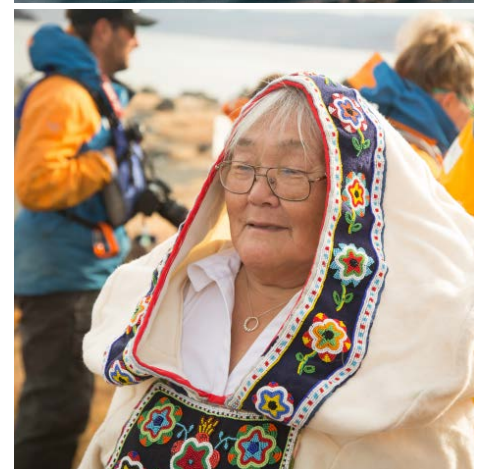
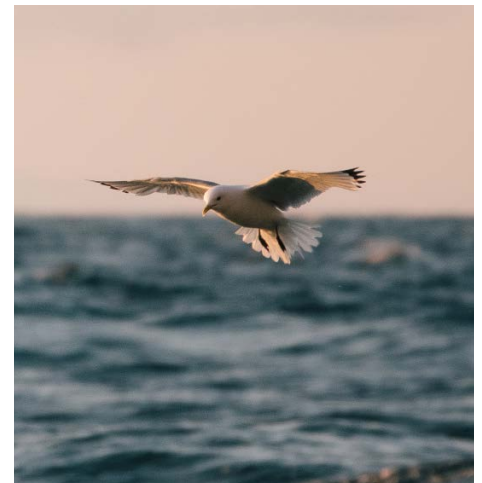
Situated on Baffin Island's most northerly shore is Admiralty Inlet, whose steep coastline soars 1,500 feet (460 meters) above sea level. Just off the inlet's northeastern shore lies Arctic Bay, an Inuit community we partner with to arrange authentic experiences that highlight the best this area has to offer. Narwhals and polar bears are known to frequent the fjord.

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'll sail past the northernmost point of mainland North America, Zenith Point.

CROKER BAY

On the south coast of Devon Island is Croker Bay. A glacier here actively calves off chunks of ice, creating a birthplace for icebergs. 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.

DEVON ISLAND

This is the largest uninhabited island in the world. Marking the northern side of Lancaster Sound, this desert island is so cold and dry that NASA and other organizations conduct research here for future missions to Mars. The Inuktitut name, Tallurutit means "tatoos on the chin" referring to the similarity of the

geological features of the area to an Inuit woman's traditional chin tattoos.

DUNDAS HARBOUR

Located on Devon Island, there are the remains of a Royal Canadian Mounted Police post, dating back to 1924. The RCMP cemetery is tended annually by a contingent of Mounties, who arrive especially for that purpose. Other evidence of human habitation found nearby is centuries older.

FORT ROSS

In 1937, the Hudson's Bay Company established a trading post, named Fort Ross, on the 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.

PRINCE LEOPOLD ISLAND

Impressive, vertical cliffs surround part of this small island. This creates an ideal environment for nesting seabirds, and

they nest here in vast numbers—more than 300,000 strong! Thick-billed murres, black guillemots and northern fulmars are most commonly seen here.

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 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.

What to pack on your Arctic expedition

BY SEA AND AIR

All transfers ship to shore, helicopter flights and Zodiac/ship cruising.

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

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

BY LAND (Shore Excursions and Hiking)

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

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

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

TO WEAR ON BOARD

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

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

ADDITIONAL ITEMS

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

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



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

WEATHER CONDITIONS & TEMPERATURES

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



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EXPEDITION BROCHURE
February 29, 2024