



WILD WOMEN
EXPEDITIONS

Your Guide to Antarctica



For more information please contact: adventure@wildwomenexpeditions.com or call 1 (888) 993-1222



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AN INTRODUCTION TO US + OUR PARTNERS

We are so thrilled that you have decided to travel with Wild Women Expeditions! Our goal is to inspire and empower women to live more fulfilling and nourishing lives by connecting with wild spaces and outdoor adventure opportunities in the company of like-minded women. We want to take you to the ends of the earth!

Why expedition with us? Wild Women Expeditions is committed to choosing local partners who are field experts and equally dedicated to sustainability, challenging women and supporting the local communities that we visit in a meaningful way. We insist on environmentally and culturally conscious local experts wherever we go and Antarctica is no different.



The Leader in Polar Adventures

With over 30 years of experience introducing passengers to remote polar regions and an industry-leading staff-to-guest ratio, our partners at Quark Expeditions know how to safely handle the unexpected. Quark expedition staff receive comprehensive training at the Quark Academy, which provides hands-on polar expedition training prior to any staff member's first voyage as well as ongoing training for experienced staff. That's the kind of stuff that is important to us!



THIS IS HOW WE ROLL: THE ROLE OF THE WILD WOMEN EXPEDITIONS HOST

Your Wild Women Expeditions host is there to facilitate a smooth adventure. They will cheerlead you if need be, they will encourage you to push your own self-imposed limits. They will buoy the group spirit just like that friend you know who is always the life of the party.

Traveling with other like-minded adventurous women means you have an instant built-in friend circle to travel to the Antarctic with. Everyone is in the same boat as you. Really! It's the *Ocean Explorer*. On our Antarctica small ship expeditions, we share space with other passengers. This adventure is not women-only and not Wild Women-exclusive, that's why our hosts are there, at the ready, to help you navigate ship life and excursions with confidence.

Your host is a constant – she will share meals with you (Wild Women Expeditions has reserved seating in the main dining room area but we will be sharing the space with other passengers), organize private Zodiac cruises and landings (when logistically possible) and help you orient to ship life and advocate for everything that you may need to truly absorb your trip of a lifetime. Our hosts will do their best to organize private spaces and receptions for you and your Wild Women community to ensure that you have intimate opportunities to connect and relax with each other on the ship.

Your Wild Women Expeditions host is your number one contact point and facilitator between you and the ship staff and experts on board. Their goal is to ensure that you get the assistance and information that you need, but she is not your personal assistant! Please note, you are not expected to tip your host. Naturally, she will help with any worries you have surrounding luggage, passports and menu concerns! But in the end, our hosts are humans too!



A FEW MORE THINGS WE'D LIKE YOU TO KNOW....

- Wild Women will organize a welcome dinner prior to the ship expedition. This pre-trip dinner is not included in the trip price and is totally optional!
- Please be prepared for sea sickness and consult your travel doctor about the best prescription or natural alternatives for your trip.
- Please be aware that disembarkation (post trip) can be anytime between 5am - 9am. You can book your flight anytime after 12pm on the disembarkation date.
- Wild Women pricing is the exact same as what Quark Expeditions offers but the added value is traveling with Wild Women and the Wild Women community is priceless. The added bonus of a Wild Women host means your Antarctica experience will be unique and as seamless as possible and 100% girl-power in action.
- Roommate pairing - we will try our very, very best to match you with another Wild Woman, however, based on how the cabins are allocated, there is a possibility that you may not have a Wild Woman roomie (but it will definitely be a woman!)
- We will be sharing emergency contact information to you about 30 days prior to your trip departure.

As you prepare for your journey, please carefully consider the arrival and departure details. Since international air transportation is not included in the cost of your expedition, you will have some flexibility in planning your flights.



ARRIVAL DAY, EMBARKATION, FINAL DAY & DEPARTURE

ARRIVING IN USHUAIA

You may arrive in Ushuaia at any time during Day 1 of your itinerary. Ushuaia and its mountainous surroundings is a destination worth exploring, so we do encourage you to arrive a day or two before your expedition to shake off the pesky jet lag and absorb the fever pitch of Ushuaia. Based on the arrival information you provide to us, we will arrange for a transfer from the airport to your pre-trip hotel. A Quark Expeditions® representative will be available to answer your questions in the lobby of your hotel in Ushuaia during your optional pre-departure briefing on Day 1 at 6pm. Your Wild Women host will also be in attendance! Meet your host and the rest of your Wild Women crew for an icebreaker dinner (it's optional, and at your own expense, but fun and a good way to get any pre-trip jitters out of the way with a few laughs!).

EMBARKATION IN USHUAIA

On the morning of Day 2, your luggage will be collected from the lobby of your hotel, transferred to the ship and stored in your cabin. Ship embarkation will occur on Day 2 of your itinerary, usually around 4pm. You and your excited fellow Wild Women will meet at a designated location near the pier, and board the waiting buses for transfer to the ship. Information about embarkation will be posted in your Ushuaia hotel and discussed during the optional pre-departure meeting on Day 1.

DISEMBARKATION IN USHUAIA AND ONWARD

Your ship is scheduled to arrive at the pier in Ushuaia between 7am and 8am but the safer window is 5am-9am as Mother Nature can make her own plans. Sometimes the ship arrives early, or later!

Once the ship has docked, it's time to bid farewell to your Expedition Team, shipmates and fellow Wild Women before completing your disembarkation. The process takes about one hour. Weather conditions can always change our arrival times, and airline schedule changes have also been known to occur in Argentina.

We suggest opting for a departure flight home from Ushuaia as late in the day as possible or a full day after the end of your expedition. If you have booked a flight that departs before 11am on the date that your expedition ends, you will be at risk of missing your flight. Quark Expeditions® staff in Ushuaia will reconfirm your domestic flight 48 hours prior to disembarkation, provided you give your information to our team ahead of time.

INCLUDED HOTEL ACCOMMODATIONS

Your included accommodation begins on Day 1 of your itinerary. You will be staying at the Albatros Hotel or similar. Ushuaia accommodations trend toward mid-range properties and hotel space is limited.

If you are arriving prior to Day 1 of your expedition or are staying after the disembarkation day we recommend the Hotel Las Lengas, Hotel Los Acebos and Albatros Hotel. If you would like help booking a pre- or post-stay, please contact Wild Women Expeditions' preferred travel agents Megan and Zale at Now Boarding Travel (wildwomen@nowboarding.travel) for hotel options. As accommodation space is limited, you are encouraged to request any extra nights as early as possible.

USHUAIA AIRPORT TRANSFERS ARRIVAL:

A group transfer in Ushuaia is included from the airport to your included pre-expedition hotel on Day 1 of your itinerary.

DEPARTURE: A group departure transfer is included from the ship to the airport on the final day of your itinerary. If your flight is later in the day, you may opt to transfer to our luggage storage facility instead and enjoy further activities in Ushuaia on your own. Access to luggage storage is available until 6pm on the disembarkation day only. You will need to arrange your own transfer to the airport if you do not take advantage of the included transfer or if you are leaving Ushuaia after the disembarkation day. It's quite easy to arrange for a taxi to the airport—you can also ask your hotel concierge to arrange for one if you are staying in Ushuaia after disembarkation.



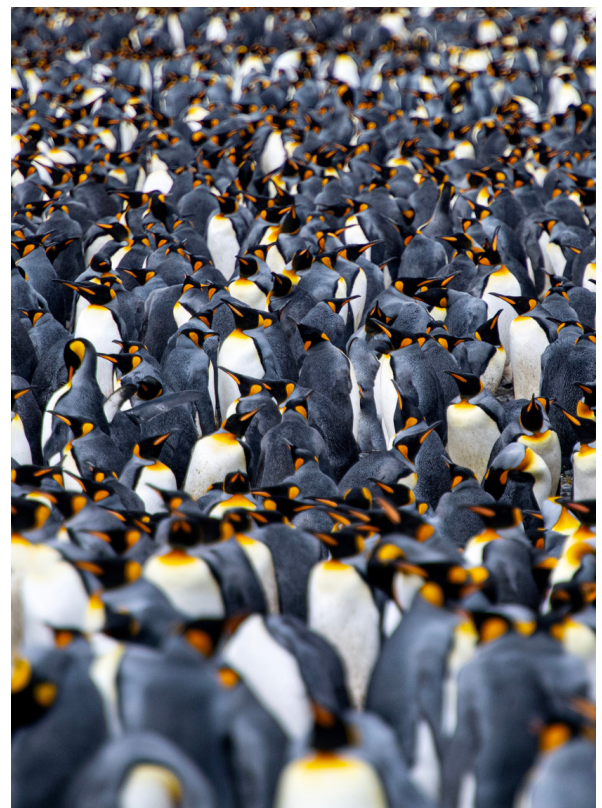
ANTARCTICA TOURISM AND HISTORY: THE CONDENSED VERSION

Trivia junkies will already know that no single country owns Antarctica. Instead, Antarctica is governed by a group of nations in a one-of-a-kind international partnership called The Antarctic Treaty, which was first signed by representatives from seven countries on December 1, 1959.

The agreement determined that the continent of Antarctica would be devoted to “peace and science” and the international partnership would be dedicated to the wellbeing of the southern Polar Region.

The Antarctic Treaty was implemented in 1961 and included strict, no-brainer rules and effectively banned military activity and prospecting for minerals.

The tourism industry in Antarctica is for the most part managed by the International Association of Antarctica Tour Operators (IAATO), which was founded in 1991 by seven private tour operators. Quark Expeditions has long been an active member of IAATO and fully embraces the sustainable guidelines set out by the organization.





IAATO is a voluntary organization which sets industry standards designed to protect Antarctica's future, fragile landscape and biodiversity. IAATO passes policies, procedures and guidelines through a democratic vote among consultative parties.

Here's some more Antarctica trivia for your next pub night:

- Population: 0. Antarctica has no permanent population (penguins and company aside)
- Antarctica is actually bigger than Europe. In fact, in terms of physical area, it's the fifth-largest continent.
- Size: 522,000 square km (201,545 square miles)
- Terrain: 80% is covered in ice and it's mountainous
- It's considered a desert!
- When you journey to Antarctica, you'll experience the midnight sun. There are months when the sun never sets south of the Antarctic Circle. You can take your favorite book outside and read at midnight—no more flashlights under the covers.
- Antarctica is the windiest continent in the world. Winds can sometimes reach up to 200 mph (320 km/hour).
- The highest elevation point on Antarctica is the Vinson Massif at 16,362 feet (4,987 meters).
- Antarctica is home to Mount Erebus, the southernmost active volcano on the planet
- In January 1979, an Argentinian baby, Emile Marco Palma, became the first child born on the southernmost continent.
- In 2012, British explorer and meteorologist Felicity Aston became the first person in history to ski across Antarctica! She skied 1,084 miles (1,744 km) in 59 days.



OUR PARTNER'S COMMITMENT TO SUSTAINABILITY AND ENVIRONMENTALLY RESPONSIBLE TOURISM

Quark Expeditions is deeply committed—there are no ifs, ands or buts here. Protecting the precious places we visit is necessary to ensure we can continue to introduce travelers to the overwhelming beauty of the polar wilderness for generations to come. Through their Polar Promise, Quark's comprehensive sustainability strategy framework, they've incorporated existing sustainability initiatives into a cohesive plan that is always evolving to be as earth and penguin-friendly as possible.

“Quark Expeditions recognizes its responsibility to do more to protect these magnificent places,” says Andrew White, President of Quark Expeditions. “We want to go beyond reducing our footprint. We want to work with other leaders in the industry and with our guests to address the complex and challenging issues facing the polar regions.”

Quark Expeditions' Polar Promise framework is made up of four pillars. Each addresses a different aspect of their business, their operations—and ultimately your journey. Their four pillars are: Principles, Planet, Partnerships and Positive Impact. By 2025, Quark Expeditions has committed to reducing carbon emissions per passenger by 10%.

Principles: Embedding responsible practices throughout our business, whether it's in polar wilderness or in the places we work each day.

Planet: Reducing our footprint and building resilience through best practices and advanced sustainability technologies.

Partnerships: Making a positive impact on the people, environment, and communities we visit through outreach, collaboration and innovation.

Positive Impact: Inspiring and empowering our guests to make changes that create positive impacts, wherever they live.



SHIP SHAPE: ABOUT THE *OCEAN EXPLORER*

The *Ocean Explorer*, is modern, elegant and purpose-built for polar exploration. The 138-passenger vessel has been designed with the latest in expedition ship technology. One of the ship's key features is the ULSTEIN X-BOW[®], a marine engineering innovation that ensures a comfortable and smooth sailing experience thanks to the inverted bow. Located at the bow is the two-story, light-filled library, which introduces a welcome airiness to the expedition ship.

Spacious cabins feature a modern, bespoke Scandinavian design and almost all have verandas. Guests can relax and find comfort in the spacious gym, sauna with large windows, and two outdoor Jacuzzis.

Ocean Explorer features ample outdoor viewing areas and multi-height outer decks, which are ideal for long-view photography and wildlife viewing. The vessel is equipped with a fleet of 15 Zodiacs that enable guests to get off the ship quickly and safely for off-ship adventures. In addition to the well-appointed and spacious public areas, Ocean Explorer has an industry-leading mix of sustainability systems, including fuel-efficient Rolls Royce engines.



LIFE ON BOARD: WHY YOU WON'T BE BORED

Aside from pointing out the non-stop wildlife at every turn, you might also find yourself...

- Engaged in riveting lectures by experts or watching polar movies in the presentation lounge.
- Enjoying coffee or cocktails while trading stories with your fellow Wild Women in the lounge.
- Browsing history, geography and polar books in the onboard library.
- Looking for the ultimate souvenir in the onboard Polar Boutique.
- Stretching your legs in the gym, or taking part in optional onboard activities like crazy hat parties, on-deck special events, and more! We can't reveal all the surprises!
- Hanging out in your room reading a book from the onboard library, reviewing your 800+ whale spout and penguin pics, having a disco nap or just wandering around, pinching yourself, wondering if you're really in Antarctica or in a dream.
- Touching base with your family and friends at home (wifi is available at an additional cost but it may not be as fast, efficient or a reliable connection—we advise letting close family members know that you may be unreachable during the trip for this reason). Almost everything will work again if you unplug it for a few minutes, including you.



LET'S EAT!

If there is one constant on board, it's a tantalizing menu. While meal times may shift due to shore landings and wildlife encounters, you'll always be served three satisfying meals per day. Most dietary restrictions can be accommodated if you let us know prior to your expedition. Please note: the ship's galley is unable to prepare kosher meals.

Breakfast and lunch 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 curate each dish to your individual wishes.

Snacks, soft drinks and juices are available throughout the voyage. The bar is open during meals; 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 expedition. Spirits, premium wines and champagne are available at extra cost which can be conveniently billed to your shipboard account.





Photo: Acadia Johnson

THE EXPERT EXPEDITION TEAM

The Expedition Leaders' knowledge and enthusiasm will instantly enhance your immersion into the polar environment and further deepen your connection (and possible love affair) with the Antarctic.

Quark's Expedition Leaders bring a wide range of experiences to every adventure. Quark's Expedition Team is composed of seasoned veterans with rich backgrounds in ornithology, marine biology, history, glaciology, geology and more. They are polymaths from diverse backgrounds: medics, biologists, park rangers, outdoor educators and lawyers. They're adventure guides, wildlife experts, environmentalists, polar history experts, glaciologists and conservationists.

The perfect polar expedition doesn't just happen. It takes a team of talented, curious, passionate, knowledgeable and experienced professionals to bring it seamlessly together.



Photo: Nicky Souness



WHAT'S INCLUDED?

Want to add some more goosebumps to your adventure beyond your ship? Each voyage offers a variety of recreational activities to enhance your polar experience.

ZODIAC CRUISING

Zodiacs (rugged inflatable watercraft) are the workhorses of polar expeditions, taking you to places the ships can't access like remote shorelines to explore shallow inlets and search for unique wildlife. Expedition staff make stepping in and out of the Zodiacs safe at all times and your Zodiac drivers will provide active interpretation, making the landscape come alive with their knowledge about animal behavior and the birds above. When possible, we will try to arrange for Wild Women-only Zodiac excursions so we can share these precious moments together as a group.

HIKING

Hiking in Antarctica is free-form and supervised by the expert staff who set out a strict perimeter or paths at each landing site. While you hike, staff will be available to answer all your burning questions about the wildlife, history and geography of the area.

PRESENTATIONS

We encourage you to enjoy daily chats with and presentations by the 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.



POLAR PLUNGE

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

PHOTOGRAPHY

Documenting your voyage so you can take the memories home and wow your friends and family is a necessary experience. The photography guide will help you hone your skills and selfies to capture the marvel of the polar regions.



WHAT ELSE CAN YOU DO?

We're glad you asked...

SEA KAYAKING (Voyage-long kayaking)

Imagine gliding across the glassy surface of a silent bay with icebergs and glaciers in your midst. The Sea Kayaking program is the perfect way to intimately explore the 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 wholly weather dependent, and will be conducted only during calm, safe 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 instead. Pre-booking is required for all paid activities and we recommend booking early, as these coveted spaces fill quickly.

PADDLING EXCURSION (Day paddling)

If you're interested in kayaking but would like to try something a bit less demanding than Sea Kayaking, you're the ideal candidate to sign up for a one-time paddle on the stable sit-on-top kayaks — these kayaks are perfect for anyone with minimal or no kayaking experience. Small groups of paddlers will be taken out on calm days, with the expert guides always present to provide instruction and help you connect with the polar sea. Pre-book into one of two priority groups. Any subsequent excursions can be booked on board, and groups will be assigned via a lottery.

Please contact us at support@wildwomenexpeditions.com to reserve your spot in a kayak!



INCLUSIONS AND EXCLUSIONS (YES, THE PESKY FINE PRINT)

INCLUSIONS:

- Inspiring leadership throughout the voyage by your experienced Expedition Team and Wild Women host, 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.
- Complimentary wi-fi voyage long (connectivity may vary by location).
- 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.)
- Beer, standard wines and spirits, as well as cocktails, will be available to guests at no charge during bar service hours and dinner.
- Coffee, tea and cocoa available 24-7.
- Formal and informal presentations by your Expedition Team and guest speakers as scheduled.
- An awesome 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.
- Group arrival transfer in Ushuaia from airport to pre-expedition hotel on Day 1 (*note: you will board the ship on Day 2).
- One night's pre-expedition hotel accommodation in Ushuaia at the [Albatros Hotel](#) or similar, with breakfast (Note: The number of guests per room is the same as cabin occupancy on the ship. Due to limited availability, travelers who reserve a suite on board are accommodated in standard rooms at the hotel.)
- Group transfer from hotel to ship on embarkation day.
- Group departure transfer upon disembarkation in Ushuaia from ship to local airport or to luggage storage facility

EXCLUSIONS

RATES SPECIFICALLY DO NOT INCLUDE:

- International airfare.
- Passport and applicable visa expenses.
- Government arrival and departure taxes not mentioned.
- Meals 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 landing and cruising excursions, or any other gear not mentioned.
- Laundry, bar, spa services and other personal charges, unless specified.
- Voluntary gratuity at the end of the voyage for expedition staff and shipboard crew.
- Gratuities: We understand this is a very personal subject, and whatever amount you give is at your own discretion. As a guideline, we suggest the amount of \$15 - \$20USD per traveler per day. At the end of the voyage, you will have the option to charge a gratuity amount to your onboard account, or to place cash in an envelope. Gratuities are shared among the hotel and expedition team members. Please note your Wild Women Host does not need to be tipped.
- Additional overnight accommodation.



- Arrival and departure transfers, except where explicitly stated.
- Adventure options not listed in Included Activities.



MEDICAL AND ADDITIONAL PERSONAL INFORMATION

Wild Women will collect some of this information but Quark, our partner, will require you to fill out certain forms directly. Once booked, you will be emailed a unique link to your Quark Portal closer to departure. When received, please click on the link to complete the necessary forms and if you have any issues or concerns, please call the Wild Women team for assistance!





PRIVATE FACEBOOK GROUP

What else? You will be able to meet your fellow Wild Women on Facebook 3 - 4 months prior to departure.

This exclusive private group will be for members of your expedition departure to chat about pre-trip plans or to compare packing notes.





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 continually consider the sea, ice and weather to determine the safest route and itinerary details. Your 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. The penguins are not paid for their appearance!

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. You'll have to take that up with Mother Nature and the wishbone you wished upon!

We ask that you are supportive and patient with your fellow group members. There will be night owls and early birds. There will be women who would like a little quiet time or those who would like to chat the night away. Just be respectful, helpful and open to the adventure and the neat dynamic of meeting so many diverse women in one spot! Every Wild Woman adds a unique and integral dimension to our community and the group travel experience!



WHAT TO PACK ON YOUR POLAR EXPEDITION

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 just a t-shirt. However, you may encounter rain, snow squalls, soupy fog and total white-outs during an expedition and should be ready for any conditions like a good Girl Guide!

WHAT TO BRING (besides your sense of humor)

Packing for the Polar Regions doesn't have to be daunting. Bonus: Our partners at Quark Expeditions provide you with a cool Quark parka to keep. Onboard, insulated waterproof boots will also be provided.

Due to biosecurity measures (which are designed to protect birds and wildlife on shore excursions) we ask that you refrain from bringing woolly sweaters, hats with pom-poms, frayed pants or backpack straps. You will be required to thoroughly clean and inspect your clothing and items before boarding the Zodiac to ensure no seeds or disease are possibly transferred. Biosecurity measures are conducted on the ship before excursions begin and all gear will be checked by expedition staff. If any items are deemed unsafe and unfit, you will not be able to wear the item ashore.

Additional suggested mandatory items include:

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 your 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 (they offer extra protection for adventure options or Zodiac cruising on snowy or windy days but these are an optional item)
- Sunscreen
- Lip Balm
- Binoculars



WHAT TO WEAR ONBOARD

When you're on an expedition, you could be sitting down to dinner one minute and running to the deck to see a pod of whales nearby the next! Temperatures on the decks will range from below freezing to warm enough to be in just a t-shirt, depending on the region and the current wind, snow or rain and sunlight conditions.

Dress comfortably and casually onboard, always in layers so you can quickly adjust to temperature changes. Just a reminder—you will be provided with a complimentary Quark 3-in-1 Parka on board (wear the waterproof shell out on deck, and the removable liner indoors to stay comfortable).

Ocean Explorer guests range from 20 to 80 years old (with the occasional family with young children) and come from all corners of the world—it's a diverse group of adventure seekers, each with their own unique fashion sense. It's a catwalk, meow! Enjoy it all.

It's important that all passengers wear closed toe, non-slip shoes at all times on the ship—even during dinner. Flip-flops, slippers, sandals and slippery soles just aren't safe in the hallways, or out on the outer decks. Some Expedition Leaders and guests prefer shoes with no laces that slip on, so long as they have a heel for safety and good arch support.

Dock (or boat) shoes are another popular type of footwear onboard. Remember, with the exception of two formal dinners, the rest are casual and informal—no need to pack a ballgown! At the Captain's welcome and Captain's farewell dinner the expedition crew will don their whites. You may wish to dress fancier on these evenings as well.

- Comfortable casual clothing like lighter shirts, pants or jeans, etc. (in case the ship gets too 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! And to take advantage of the outdoor jacuzzi!)
- Light warm jacket to wear during travel to the ship
- Workout attire (for the fitness center!)
- Hand and feet warmers (ie. HotShots)
- Camera with charger and extra batteries (the cold temps can cause your batteries drain faster)
- Portable harddrive 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)
- 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 (note: a collapsible reusable water bottle will be provided onboard)