



The Leader in Polar Adventures

ARCTIC 2023

SPITSBERGEN EXPLORER

Wildlife Capital of the Arctic



ULTRAMARINE

DESIGNED TO GO BEYOND

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Overview

Spitsbergen Explorer: Wildlife Capital of the Arctic

The largest island of the Svalbard archipelago, Spitsbergen is known as the “wildlife capital of the Arctic,” and on this unforgettable 12-day voyage, you will discover why. Building on our *Spitsbergen Highlights* and *Intro to Spitsbergen* itineraries, this longer journey has been designed to maximize time on the west and northern/southern tips of the island, providing you optimal chances to witness the remarkable array of creatures who call this spectacular yet forbidding environment home—including whales, walrus, Svalbard reindeer, seabirds by the thousands, and that most iconic of Arctic residents, the polar bear.

In addition to giving you opportunities to observe this unique parade of wildlife, the longer itinerary also allows you more time to explore the vast tundra, appreciate the natural beauty of the surprisingly colorful Arctic wilderness, and benefit from our range of on-board lectures and educational programs. Come aboard with the most knowledgeable, experienced and passionate team in the industry for an extraordinary High Arctic adventure.

EXPEDITION IN BRIEF



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



Take advantage of continuous daylight



Hike the tundra and explore the 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, a true frontier town, where you'll have some time to explore before embarkation. As your ship sets

sail, enjoy your first view of the island's rugged, glacier-topped mountains rising majestically from frigid waters.

DAYS 3 - 11 | EXPLORING SPITSBERGEN

Explore western Spitsbergen as well as stunning fjords and outlying islands to the north. From polar deserts to immense glaciers, the natural landscape here is just as varied as the wildlife. As you cruise around this magical island located above the Arctic Circle, your Expedition Team will constantly be searching for animals.

Each expedition presents new opportunities and different weather and ice, so we have no fixed itinerary; however, some of the places we may



SPITSBERGEN EXPLORER
Wildlife Capital of the Arctic
Onboard the *Ocean Adventurer & Ultramarine* ———
Flights to/from Helsinki - - - -

visit include the 14th of July Glacier, Smeerenburg, Phippsøya, Alkhornet and the Hinlopen Strait.

The destinations visited will be selected for optimum wildlife viewing with an appreciation of the history and geology of Spitsbergen.

The island offers multiple opportunities for wildlife photography. Since Svalbard's legendary wildlife habitat is well-protected and almost entirely uninhabited, it's one of the world's best places to spot polar bears in their natural landscapes of ice, Arctic deserts and mountain scenery.

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

Coming across a walrus haul-out is a moment you won't soon forget. These giant pinnipeds of the Arctic create quite a noisy scene as each walrus vies for a choice spot of coastline.

If you're itching to experience a more intimate view from the water, you can prebook 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 12 | DISEMBARK IN LONGYEARBYEN & FLY TO HELSINKI

The time to say goodbye has come. Your Arctic adventure ends as it began, in the 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 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

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

Arrival Day and Embarkation

ARRIVING IN HELSINKI

You may arrive in Helsinki at any time during Day 1 of the itinerary. Your included accommodation will be at the airport hotel, so arrival transfers are not necessary. On arrival at the hotel, you will receive a welcome letter outlining the departure information for the following day's flight. An agent representing Quark Expeditions® will be available in the lobby of the hotel that evening to answer any questions about the charter flight(s) scheduled for the following morning.

LONGYEARBYEN AND EMBARKATION

Upon arrival in Longyearbyen (Day 2 of your itinerary), you will be transferred from the airport to a drop off point to have some free time to explore this historic town. Your luggage will be taken directly to the ship, and later you will be transferred from the designated meeting point to the pier. Details of ship transfer times will be provided during your arrival transfer. Due to port logistics, it is possible that you may need to board the vessel by Zodiac, rather than from the pier.



PLEASE NOTE

There is a strict luggage limit of 50 lbs (23 kg) checked luggage and 18 lbs (8 kg) cabin baggage on the 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.

Final Day and Departure

DISEMBARKATION IN LONGYEARBYEN AND ONWARD

Your voyage is scheduled to end back in Longyearbyen between 7am and 8am local time. After breakfast, you will have time to bid farewell to your Expedition Team and shipmates before completing your disembarkation. The process takes about an hour and due to port logistics, may involve one last Zodiac ride to the pier. After disembarkation, you'll be transferred to the central shopping area in Longyearbyen, and if you've chosen to continue your time in Svalbard, you will be dropped off at your hotel. If you've purchased the transfer package, your luggage will be transferred to the airport while you enjoy some free time in town. Later you will be transferred to the airport by bus to pick up your luggage and check in for our return charter flight.

DEPARTING FROM HELSINKI

Upon arrival in Helsinki, you may connect directly with your onward flight. Scheduled charter flight times will appear in your final documents, and any additional updates will be communicated on board prior to disembarkation.

Included Hotel Accommodations

Your included accommodation begins on Day 1 of your itinerary, and the specific hotel(s) will be indicated in your final voyage confirmation. If you are arriving prior to Day 1 of your expedition or are staying after the disembarkation day and would like help booking a pre- or post-stay, please contact your Polar Travel Adviser or travel professional for hotel options. As accommodation space is limited, you are encouraged to request any extra nights as early as possible.

Arrival and Departure Transfers

HELSINKI AIRPORT TRANSFERS

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, a Polar Travel Adviser or your travel professional can arrange one for you.

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.





Your Ship Options

Quark Expeditions® boasts the largest polar-class fleet of any polar operator, and the ability to offer you this incredible voyage on one of our ice strengthened vessels.

The entire Quark Expeditions® fleet is built for challenging polar environments, allowing us to take you to places ordinary cruise companies wouldn't dream of going.



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.

Ultramarine offers the most robust portfolio of adventure activities in the industry, and features the category’s most spacious suites, breathtaking public spaces, and more outdoor wildlife viewing spaces than other expedition ships its size, complemented by an innovative mix of sustainability features that exceed all industry standards.

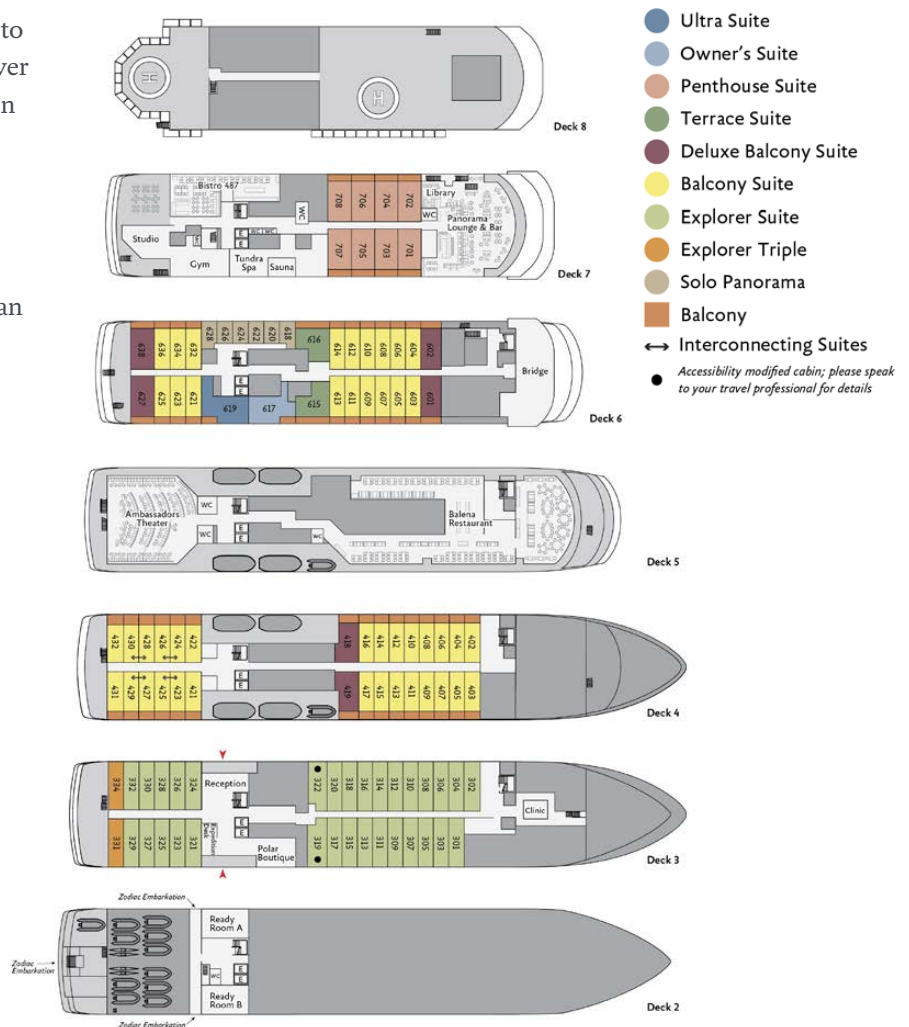
With all this and more, *Ultramarine* is perfectly positioned to deliver the ultimate polar expedition experience.

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.





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

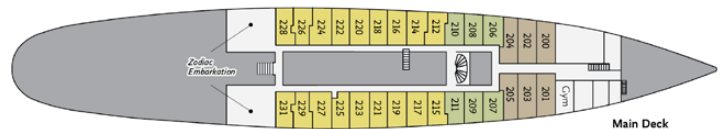
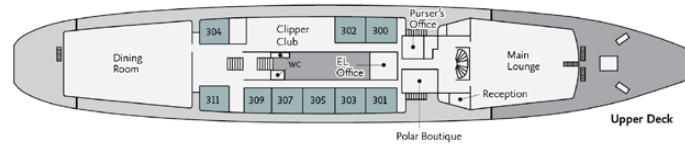
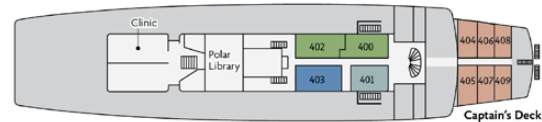
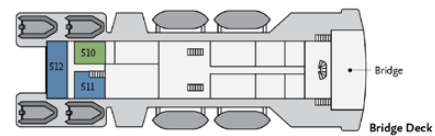
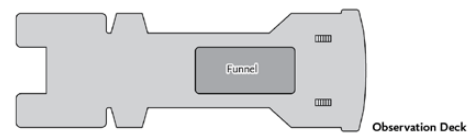
Guests: 128

Lifeboats: 4, partially enclosed

Ice Class: 1A

Visit QuarkExpeditions.com to view deck plan details.

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





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.

ZODIAC CRUISING

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

HIKING

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

PRESENTATIONS

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

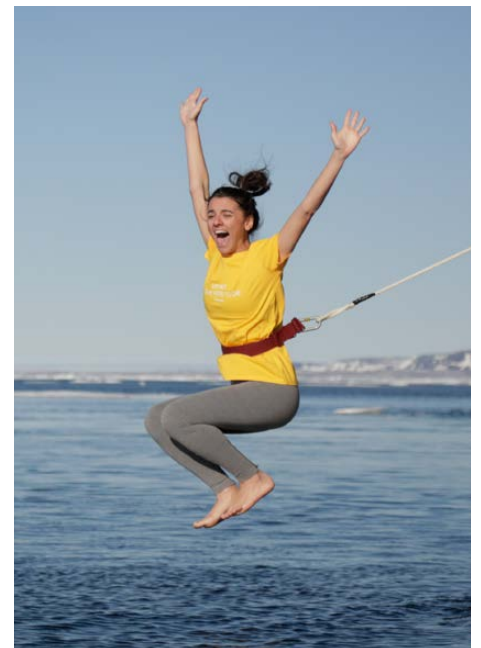
POLAR PLUNGE

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

PHOTOGRAPHY

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

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





Adventure Options



PLEASE NOTE

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

SEA KAYAKING

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

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

PADDLING EXCURSION

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



Dates and Rates

Spitsbergen Explorer: Wildlife Capital of the Arctic

ULTRAMARINE

Dates	Days	Start / End	Solo Panorama	Explorer Triple	Explorer Suite	Balcony Suite	Deluxe Balcony Suite	Terrace Suite	Penthouse Suite	Owner's Suite	Ultra Suite
ARCTIC 2023											
MAY 8 - MAY 19, 2023	12	Helsinki	\$18,995	\$9,995	\$13,495	\$14,995	\$17,495	\$17,995	\$18,995	\$23,995	\$26,995
JUN 7 - JUN 18, 2023	12	Helsinki	\$19,495	\$10,495	\$13,995	\$15,495	\$17,995	\$18,495	\$19,495	\$24,495	\$27,495
ARCTIC 2022											
MAY 21 - JUN 1, 2022	12	Oslo	\$14,195	\$9,495	\$13,195	\$14,695	\$17,395	\$17,895	\$18,595	\$23,695	\$26,295
MAY 31 - JUN 11, 2022	12	Oslo	\$14,195	\$9,495	\$13,195	\$14,695	\$17,395	\$17,895	\$18,595	\$23,695	\$26,295

Dates	Days	Start / End	Transfer Package	Adventure Options	
ARCTIC 2023					
MAY 8 - MAY 19, 2023	12	Helsinki	\$995	\$695	\$195
MAY 31 - JUN 11, 2023	12	Helsinki	\$995	\$695	\$195
ARCTIC 2022					
MAY 21 - JUN 1, 2022	12	Oslo	\$995	\$695	\$195
MAY 31 - JUN 11, 2022	12	Oslo	\$995	\$695	\$195

OCEAN ADVENTURER

Dates	Days	Start / End	Triple	Lower Deck Twin	Main Deck Porthole	Main Deck Window	Superior	Deluxe	Suite	Owner's Suite	Transfer Package	Adventure Options	
ARCTIC 2023													
JUN 4 - 15, 2023	12	Helsinki	\$8,495	\$9,995	\$10,995	\$11,995	\$13,495	\$13,495	\$16,995	\$18,495	\$995	\$695	\$195
JUN 22 - JUL 3, 2023	12	Helsinki	\$8,995	\$10,495	\$11,495	\$12,495	\$13,995	\$13,995	\$17,495	\$18,995	\$995	\$695	\$195
ARCTIC 2022													
JUN 19 - 30, 2022	12	Oslo	\$8,495	\$9,995	\$11,095	\$12,595	\$13,695	\$13,695	\$17,395	\$18,395	\$995	\$695	\$195



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

PACKAGE PRICE: \$995 USD



Your Expedition Team

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

With over 30 years of experience bringing passengers to remote polar regions and an industry-leading staff-to-guest ratio, we know how to safely handle the unexpected. Ensuring this hard-earned experience is passed on, all our expedition staff receive comprehensive training in 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.





Extend Your Trip

PRE- AND POST-EXPEDITION TRIP EXTENSIONS

You can extend your trip by booking extra days to explore other northern cities before or after the voyage. Since you're traveling such a long way, you may want to spend extra time in Helsinki. Immerse yourself in Finland's capital with a visit to Helsinki's National Museum of Finland where you can learn about the country's history. Then tour the Fortress of Sveaborg before taking in the panoramic views of historic Kanavaranta Street.

To discover the best options for extending your adventure, get in touch with your Travel Professional or a Polar Travel Adviser for seamless, worry-free booking of all trip extensions.

FROM TOP: Kanavaranta Street; Helsinki's Fortress of Sveaborg; Museum of Finland

Call your Travel Professional or a Quark Polar Travel Adviser at 1.888.892.0073 | Visit [QuarkExpeditions.com](https://www.QuarkExpeditions.com) for additional details 14



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.

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-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.

PALANDERBUKTA

On the western coast of Nordaustlandet, this bay stretches south and east from the Wahlenberg Fjord. This is a typical polar desert, where the "ice bear" (polar bear) can sometimes be seen roaming in search of food.

PHIPPSØYA AND MARTENSØYA, SEVEN ISLANDS

This small archipelago is the northernmost land in Svalbard. Englishmen left their mark following key expeditions in 1773 and 1827. The islands are named after naval officers that took part, with the smallest and least significant island being named Nelsonøya, after the lowly midshipman who was promoted over the years to the rank and title of Vice Admiral Horatio Lord Nelson! Featuring austere polar desert landscapes, and often shrouded in pack ice, these islands are closer to the North Pole than anywhere else in Svalbard.

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'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.



Packing Checklist

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 snow squalls, fog and white-outs during an expedition and should be ready for any conditions.

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 an expedition parka to keep, and a loan of insulated waterproof boots. Additional suggested 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 (wear 2 pairs at a time)
- Glove liners
- Waterproof gloves or mitts (bring an extra pair)
- Scarf, buff, or other face protection
- Warm hat that covers ears
- Waterproof pants (Zodiac mandatory)
- Waterproof bag
- Sunglasses with UV protection (bring an extra pair)
- Sunscreen
- Lip balm

TO WEAR ONBOARD

- Lightweight waterproof or water repellent shell
- Comfortable casual clothing (lighter shirts, pants or jeans, etc.)
- Comfortable flat shoes with a good tread

SUGGESTED ITEMS

- Swimsuit (for spa, sauna and steam room use, where applicable, and for the polar plunge!)
- Binoculars
- Hand and feet warmers
- Adjustable hiking poles (if required)
- Camera with extra batteries
- Extra memory or laptop with spare storage (for saving photos)
- Rain sleeve for camera
- Earplugs and eye masks for sleeping
- Voltage adapters
- Mobile phone with alarm clock
- Moisturizer for face and hands
- Extra pair of prescription glasses or contact lenses
- Reusable plastic bags with zippers or ziplocks
- Small medical kit
- Seasickness, indigestion, headache, or other medications
- Passport, travel documents, etc.
- Water bottle
- Yoga and workout attire (for the fitness center!)

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





The Leader in Polar Adventures

TO BOOK YOUR NEXT ADVENTURE

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

TOLL FREE AND LOCAL NUMBERS:

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

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

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

Australia Tel **+61 280 155 028**

Australia (Toll Free) **1 800 812 855**

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

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

QuarkExpeditions.com

PHOTO CREDITS:

Acacia Johnson; David Merron; Nicky Souness; Sam Edmonds; Cindy Miller Hopkins; Michelle Sole; Grange Productions; Adobe Stock

EXPEDITION BROCHURE
August 2021