

ARCTIC 2026

Northwest Passage: Epic High Arctic



Contents

- 1 Expedition Overview
- 2 Itinerary
- 6 Arrival and Departure Details
- 8 Your Ship
- 9 Included Activities
- 10 Adventure Options
- 12 Dates and Rates
- 12 Inclusions and Exclusions
- 13 Your Expedition Team
- Meals on Board
- 15 Possible Excursions
- 19 Packing Checklist



Expedition Overview

Northwest Passage: Epic High Arctic

On our captivating 17-day Northwest Passage: Epic High Arctic expedition through the Canadian Arctic Archipelago, journey back to the height of Arctic exploration—navigating waters once sailed by explorers from many lands and visiting places the Inuit have called home for millennia. Marvel at the wonders of the Canadian Arctic and west coast of Greenland as we visit Inuit communities, the UNESCO World Heritage site Ilulissat Icefjord, and watch for walruses, walrus, muskoxen, polar bears and other wildlife.

HIGHLIGHTS



Experience highlights of the Canadian Arctic and Greenland



Visit Inuit and Greenlandic communities



Spot Arctic wildlife, such as whales, walruses and muskoxen



Explore the Ilulissat Icefjord, a UNESCO World Heritage Site



Cruise in a Zodiac to explore icebergs, glaciers, fiords and more.



Itinerary

DAY 1 | ARRIVE IN CALGARY, CANADA

Your Arctic expedition begins in Calgary. Explore this vibrant Western Canadian city—much celebrated for its cowboy culture and Prairie hospitality—on your own before spending the night at your hotel, which is included in the Charter Flight & Hotel Package.

DAY 2 | FLY TO KANGERLUSSUAQ, GREENLAND, AND EMBARK

After an early breakfast at the hotel, guests will transfer to the airport and board our private charter flight to Kangerlussuaq, Greenland. Upon arrival, you will be transferred to the harbor for the Zodiac shuttle to your awaiting ship. After a late-afternoon embarkation, we will set sail for the stunning Arctic wilderness.

DAY 3 | AT SEA: CROSSING THE DAVIS STRAIT

As we make our way across the Davis Strait, your Expedition Team will offer a series of polar presentations that set the stage for the adventures ahead. You'll learn about the storied history of the Arctic, its fascinating wildlife, geology and ecology. Our team will also keep a lookout for seabirds soaring above your ship, as well as whales that pass through these waters.

DAYS 4 & 5 | EXPLORING BAFFIN ISLAND, CANADA

The Inuktitut name for Baffin Island, the fifth-largest island in the world, is Qikiqtaaluk, and it has been home to Inuit for the last thousand years. The island was named after William Baffin,



NORTHWEST PASSAGE Epic High Arctic Onboard the Ocean Explorer Flights from Calgary / to Reykjavik to and from ship

who explored the area in the early 17th century in search of the fabled Northwest Passage. Your days sailing along the island's eastern coast will be determined by weather and ice conditions, with each day and each landing presenting new adventures.

Some of our favorite destinations include Qikiqtarjuaq and Sam Ford Fjord. Expect to see towering mountains, deep fjords, colorful tundra, and Inuit settlements. The Inuit community of Qikiqtarjuaq (which means "the big island" in Inuktitut) is located just north of the Arctic Circle, on Broughton Island. Fondly called Qik by locals, the welcoming hamlet offers a superb vantage point of the Davis Strait. You'll also have a chance to support local Inuit artisans by purchasing unique artwork, crafts and jewelry.

Well inside the Arctic Circle, Sam Ford Fjord is a standout Arctic adventure destination on Baffin Island's northeast coast, and one of the world's most spectacular big-wall playgrounds. A traditional Inuit hunting area, the fjord

is a study in contrasts: sheer granite cliffs seem to rise straight up from the ocean below, reaching up to 457 meters (1,500 feet) above sea level. If weather conditions permit, this region offers fabulous Zodiac cruising, sea kayaking and paddling as well as opportunities to go ashore. With a bit of luck, we may see Arctic fox onshore, and we'll keep our eyes peeled for polar bears during our off-shore excursions. Cruising the fjord in a Zodiac is a striking reminder of just how small we are. Winding along a 110- kilometer (68-mile) path, Sam Ford Fjord narrows to less than 3 kilometers (2 miles) wide as it meanders farther inland.

DAY 6 | AT SEA

As our ship sails farther north, you can take advantage of the onboard amenities, deepen your knowledge of the Arctic by attending another polar presentation, sip a cocktail in the bar, watch a documentary film or join your

Expedition Team on the bridge as they scan for wildlife—there is no shortage of activities while at sea.

DAYS 7 - 9 | TALLURURTIUP IMANGA (LANCASTER SOUND)

Lancaster Sound (Tallurutiup Imanga), the gateway to the Northwest Passage, is one of the richest marine habitats in the Arctic. With open-water areas that remain ice-free year-round, it is an important summer feeding area for whales and other marine wildlife. We'll spend our days exploring several beautiful bays and inlets, visiting historical sites, enjoying Zodiac cruises and searching for such iconic wildlife as walruses, seals and, of course, whales. Polar bear sightings are possible too. If you're fortunate, you may even spot the elusive narwhal. There may be a possibility for a shore visit at Radstock Bay, the location of one of the most impressive ancient Thule sites in the Arctic. Exploring the well-preserved remains of the subterranean houses, including the whale bones used as supports for the dwellings, will give you an understanding of how these Paleo-Inuit thrived in the Far North.







We will attempt to land at Beechey Island, a National Historic Site of Canada. Named after explorer Frederick William Beechey, the island is the final resting place of three members of Sir John Franklin's 1845-46 expedition to find the Northwest Passage. The graves, on a desolate rocky raised beach, were discovered in 1850 by a search party looking for signs of the ill-fated expedition.

Predominantly covered in glaciers and ice fields, Coburg Island and its surrounding waters comprise the Nirjutiqavvik National Wildlife Area. The island's steep coastal cliffs are an ideal habitat for hundreds of thousands of nesting seabirds such as Brünnich's guillemots (thick-billed murres), black legged kittiwakes, northern fulmars and black guillemots.

DAY 10 | EXPLORING SMITH SOUND

Before saying goodbye to Canada, we'll try to sail as far north as possible, exploring both sides of Smith Sound, the uninhabited passage between Ellesmere Island and Greenland.

DAY 11 | QAANAAQ, GREENLAND

Qaanaaq, formerly known as Thule, is one of the northernmost towns in the world. Here, local Inuit share their culture and traditions, and the museum sheds more light on what it's like living near the top of the world.

DAY 12 | AT SEA

As we sail south along the west coast of Greenland, our polar experts will present on the history, wildlife and glaciology that will feature in the next few days. We also encourage you to spend time on the outer decks—binoculars at hand—to spot wildlife.

DAYS 13 - 15 | EXPLORING WEST GREENLAND

With spectacular glaciers, soaring fjords and vibrant communities, the west coast of Greenland will leave you breathless.

Each community visit in Greenland is a unique experience and Uummannaq might just steal your heart. The redhued, heart-shaped mountain that rises above the village gives Uummannaq its fitting name, which means "heart-like" in Greenlandic. As your ship approaches the shore, you'll want to be on deck to take in the incredible view of the twin peaks towering over the vibrantly painted wooden houses dotting the rocky terrain. The settlement was established as a Danish colony in 1758 on the mainland, but it relocated five years later because seal hunting was more plentiful here.

As we arrive just south of Ilulissat,







which means "iceberg" in Greenlandic, we'll encounter the impressive Ilulissat Icefjord. The UNESCO World Heritage Site is home to Sermeq Kujalleq, one of the most productive glaciers in the northern hemisphere. As we Zodiac cruise at the mouth of the fjord, you may be lucky to witness the wonders of calving ice (listen to the loud roars as the ice breaks off). Founded in 1741, the traditional town, which boasts more sled dogs than people, is famous in its own right: it was the birthplace of explorer and anthropologist Knud Rasmussen, the first to traverse the Northwest Passage by dogsled, in the early 1920s. Hikes here lead out to stunning views of the young icebergs as they float out the fjord to Disko Bay.

In Sisimiut, you'll be treated to a traditional kayaking demonstration. The kayak (an Inuit word borrowed by the English) has become a national symbol of Greenland and has been used by Inuit hunters for thousands of years. The town has several 18th-century colonial buildings, including the oldest surviving church in Greenland, so take time to wander through the historic area.

DAY 16 | DISEMBARK IN KANGERLUSSUAQ AND FLY TO REYKJAVIK

Enjoy one more Zodiac ride from ship to shore, where you'll be transferred to the airport for your charter flight back to Reykjavik, Iceland. Upon arrival in Reykjavik, you will be transferred to your hotel, which is included in your Charter Flight & Hotel Package.

DAY 17 | DEPART REYKJAVIK, **ICELAND**

Today, you can make your way home at your leisure or spend some time exploring this fascinating Icelandic capital, known for its Norse history, geothermal culture and distinctive architecture.

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 sightings as described are expected, but not guaranteed. Your Expedition Team will use their considerable experience to seek out wildlife in known habitats, but the presence of any particular species of bird or marine wildlife is not guaranteed.





Arrival and Departure Details

Arrival Day and Embarkation

ARRIVING IN CALGARY

You may arrive in Calgary at any time during Day 1 of the itinerary and make your own way to the hotel, near the airport. Your hotel is included in your Charter Flight & Hotel Package.

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

EMBARKATION IN KANGERLUSSUAQ

On the morning of Day 2, guests and their luggage will be transferred to the airport for the flight to Kangerlussuaq. Upon arrival at Kangerlussuaq, guests and their luggage will be transferred to the pier, where they will be transported to their awaiting ship by Zodiac.



Final Day and Departure

DISEMBARKATION IN KANGERLUSSUAQ

Your ship is scheduled to arrive in Kangerlussuaq 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 Reykjavik.

DEPARTING FROM REYKJAVIK

Upon arrival in Reykjavik, there will be a group transfer to your post-expedition hotel, which is included in the Charter Flight & Hotel Package. After breakfast the following morning, you may make your way to the airport to connect with your onward flight, or stay longer if you have booked additional accommodation.

Arrival and Departure Transfers

CALGARY/REYKJAVIK AIRPORT TRANSFERS

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

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

PLEASE NOTE

Included Hotel Accommodations

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





Your Ship

OCEAN EXPLORER

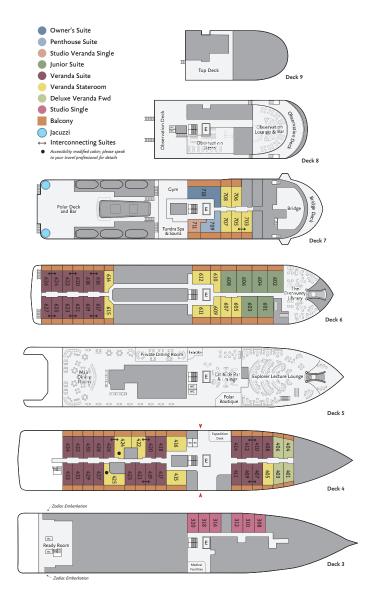
Ocean Explorer, the newest addition to our fleet, is modern, elegant and purpose-built for polar exploration. The 138-passenger vessel has been designed with the latest in expedition ship technology. One of the ship's key features is the ULSTEIN X-BOW®, a marine engineering innovation that ensures a 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 offship adventures. In addition to the well-appointed and spacious public areas, Ocean Explorer has an industryleading mix of sustainability systems, including fuelefficient Rolls Royce engines.

SHIP SPECIFICATIONS:

Staff and Crew: 105

Guests: 138 Lifeboats: 2 Ice Class: 1A, PC6

Visit QuarkExpeditions.com to view deck plan details.





Included Activities

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

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

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.

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.

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.

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.

A COMMUNITY VISITS

Thanks to Quark Expeditions' longstanding partnerships in the Arctic, our expedition team will plan community visits-dependent, of course, on weather and ice conditions. These community opportunities always coordinated in advance with the collaboration of local partners-enable guests to learn more about the culture, traditions, food and lifestyles of Arctic people. Many feature visits to Indigenous communities, often the Inuit of either Nunavut or Greenland. Music, dance, food and storytelling are some of the experiences guests can expect.

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

These off-ship activities cost extra and should be booked in advance.



PLEASE NOTE

Pre-booking is required for all paid activities. We recommend booking early, as spaces fill quickly.



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.

X 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-ontop kayaks-perfect for anyone with minimal or no kayaking experience. Small groups of passengers will be taken out on calm days, with our expert guides always present to provide instruction and help you connect with the polar sea. Two groups of 10 will be pre-booked, and once successfully completed, any subsequent outings will be offered via lottery on board.



Departure Date

Northwest Passage: Epic High Arctic

OCEAN EXPLORER

Dates	Days	Start / End	Sea Kayaking	Paddling Excursion
ARCTIC 2026				
AUG 31 - SEP 16, 2026	17	Calgary / Reykjavik	\$	\$



Inclusions and Exclusions

Inclusions

RATES INCLUDE:

- · An official Quark Expeditions® parka to keep
- · Leadership throughout your voyage by our experienced Expedition Leaders, including shore landings and other activities
- · All Zodiac transfers and cruising as per the daily
- · 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.
- · Complimentary select beer, wines and cocktails during bar service hours and dinner
- · Complimentary 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
- · Hair dryer and bathrobes in every cabin
- · Complimentary Wi-Fi service on one device permitting basic Internet browsing, email, posting on social media and voice applications. (Premium packages are available for more data-intensive applications.) Internet access in the polar regions is subject to geography, climate, and other factors beyond our control.
- · All miscellaneous service taxes and port charges throughout the program
- · All luggage handling aboard the ship
- · Greenland voyages cruise passenger tax

Exclusions

RATES SPECIFICALLY DO NOT INCLUDE:

- · Charter Flight & Hotel Package*
- · International airfare
- · Arrival and departure transfers in Reykjavik / 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, spa and other personal charges unless specified
- · Phone charges 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

*CHARTER FLIGHT & HOTEL PACKAGE INCLUDES:

- One night's pre-expedition hotel accommodation in Calgary (breakfast included)
- · Group transfer from the Calgary hotel to the airport on Day 2
- · Charter flight from Calgary to Kangerlussuaq
- Group transfer from the Kangerlussuaq airport to the ship on embarkation day
- · Group transfer from the ship to the Kangerlussuaq airport on disembarkation day
- · Charter flight from Kangerlussuaq to Reykjavik
- · Group transfer from Reykjavik airport to hotel
- One night's post-expedition hotel accommodation in Reykjavik (breakfast included)



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 hardearned 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.





Raise a Glass and Stay Connected

See below for specifics on our complimentary Wi-Fi and bar service.



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 sightings, 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.

Complimentary coffee, tea, cocoa and water stations are available around the clock, while soft drinks and juices are available during meals and when the bar is open—all included in the cost of your package.

Enjoy free beer, standard wines, spirits, and cocktails during bar service hours and dinner as part of our "Raise a Glass and Stay Connected Free" program. Premium wines and champagne are available at extra cost and can be billed to your shipboard account. The well-stocked bars on the ship are open late morning, afternoon and evening, though hours may occasionally change to accommodate the expedition schedule.







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

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 National Historic Site of Canada. During the Franklin expedition of 1845-46, two of his ships, HMS Erebus and HMS Terror, anchored here with perilous results. Three of Franklin's crew died and are buried at marked gravesites.

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 the search for the Northwest Passage was at the forefront of Arctic exploration.

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.





RADSTOCK BAY

Radstock Bay is a popular research location for observing polar bears, which are often seen here in summer. An impressive Thule archeological site provides insight into how these pre-Inuit people lived in the Far North. Some subterranean dwellings, constructed of giant whale skulls and bones, are still visible today.

SAM FORD FJORD

Well into the High Arctic, Sam Ford Fjord on Baffin Island's northeast coast is renowned for its soaring granite walls, making it one of the world's most spectacular big-wall playgrounds. The fjord, a traditional Inuit hunting area, is a study in contrasts: sheer granite cliffs seem to rise straight up from the ocean below, reaching up to 457 meters (1,500 feet) above sea level. Cruising the fjord in a Zodiac reminds us just how small we are. Stretching and winding along a 110 kilometer path (68 miles), Sam Ford Fjord is 18 kilometers (11 miles) wide at its mouth, but it narrows to less than 3 kilometers

West Greenland

DISKO BAY

Erik the Red encountered a rich hunting ground in Disko Bay, to the north of the Norse settlements in southern Greenland. But long before Erik arrived, a paleo-Eskimo culture known as the Saqqaq inhabited this rich and stunning landscape.

EOIP SERMIA

With an ice front of just under 2.5 miles (4 km), Eqip Sermia is a truly massive glacier, with huge chunks of ice seen—and heard—calving into the water below. Navigating the narrow sound on the way to the glacier requires traversing ice-clogged water, which evokes an ethereal feeling as bergs grind against the ship's hull.

ETAH

An abandoned settlement on the shores of Foulk Fjord, Etah was a starting point of discovery expeditions to the North Pole. It was also the landing site of the last migration of the Inuit from the Canadian Arctic. The huts of the former village, once the most-northerly populated settlement in the world, still stand today.

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 sightings 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.



ILLULISAT

Home to the UNESCO-listed Ilulissat Icefjord—gateway to Sermeq Kujalleq, one of the fastest-moving glaciers in the world—Ilulissat offers unforgettable views of immense blue-white icebergs drifting from the glacier into Disko Bay. While icebergs are visible from the ship, the boardwalk to the fjord overlook provides a breathtaking, close-up perspective of this slow, powerful procession. With a population of 4,500, Ilulissat is Greenland's third-largest community and a cultural hub for the region. Its name, meaning "icebergs," reflects its dramatic setting. Founded as a Danish trading post in 1741, the town remains a center of fishing and modern Greenlandic life. Ilulissat is also the birthplace of renowned polar explorer Knud Rasmussen, whose childhood home is now a museum.

ITILLEO

Itilleq in Greenlandic means "a hollow," which is where this village is situated, on an island without any freshwater. The village has approximately 130 inhabitants and offers picturesque views of colorful Greenlandic houses dotted along the rocky landscape. It's also known as a welcoming community, where you might experience "kaffemik," a Greenlandic tradition of inviting visitors in for coffee, cakes and conversation.

KANGERLUSSUAQ

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





What to pack on your Arctic expedition

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

BY SEA

All transfers ship to shore and Zodiac/ship cruising.			
□ Waterproof pants (mandatory for every Zodiac ride)			
☐ Base-layer wool or synthetic top*			
☐ Base-layer wool or synthetic bottom*			
☐ Mid-layer warm or fleece top*			
☐ Mid-layer warm or fleece bottom*			
□ Warm hat that covers ears (bring an extra)			
☐ Scarf, buff, or other face protection			
☐ Warm wool or synthetic socks (keep a dry pair in your bag, and bring extras for layering)			
☐ Waterproof gloves or mitts (bring an extra, lighter pair for hiking)			
□ Glove liners*			
☐ Hand and feet warmers*			
□ Binoculars			
□ Polarized sunglasses with UV protection (consider bringing an eyewear retainer: string/clip etc.)			
☐ Ski goggles (for Zodiac cruising on snowy or windy days)			
☐ Waterproof, lightweight backpack or dry sack and/or rain sleeve for camera or a waterproof phone case (to keep camera & gear dry)			
*recommended layering depending on the conditions of the day and reflecting your personal thermo-regulation comfort levels.			
BY LAND (Shore Excursions and Hiking) In addition to the gear requirements (as above) mandatory for the transit from ship to shore, it is recommended to bring:			
\square Hat, buff or scarf (for wind and weather protection)			
□ UV protection (sun hat, polarized sun glasses, sun block, lip balm etc.)			
□ Collapsible walking sticks for hikes (if required) Quantities are available to borrow on every vessel			
□ Additional reusable (thermos-regulating) water bottle (in addition to the reusable collapsible water bottle provided)			

TO WEAR ON BOARD

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

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

ADDITIONAL ITEMS

- ☐ Passport, visas, immunization records, travel documents, etc. as required
- ☐ Camera gear—complete with charger, storage medium, transport and cleaning kit (lens cloth etc.) and extra batteries
- ☐ Reusable waterproof bags or plastic bags with zippers (to keep small items organized and cameras dry)
- □ Voltage converters and plug adapters (see ship book for details)
- ☐ Seasickness, indigestion, headache, or other medications
- ☐ Earplugs and eye masks for sleeping
- ☐ Moisturizer for face and hands (skin dryness due to wind and temperature changes)
- ☐ Credit card and 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
- Related topics are covered on our Frequently Asked Questions page: QuarkExpeditions.com/Frequently-Asked-Questions



Scan this QR code or <u>click here</u> to watch our video on what to pack before you go.

