

ANTARCTIC 2026/2027

# Antarctic Explorer: Discovering the 7th Continent

 OCEAN EXPLORER



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# Expedition Overview

Antarctic Explorer: Discovering the 7th Continent

Antarctica offers so many extraordinary things to see and do, and traveling with Quark Expeditions offers multiple options to personalize your experience. We've designed this guide to help you identify what interests you most, so that you can start planning your version of the perfect expedition to the 7th Continent.

If this is your first visit, our classic 11-day *Antarctic Explorer* voyage gives you the best of the stunning Antarctic Peninsula. Conquer the famed Drake Passage in your choice of stabilized, polar-class vessels; explore majestic natural environments by Zodiac, kayak or on foot; get excellent views of penguins, whales and other wildlife; and enjoy talks on history, biology and glaciology by onboard polar experts. You can personalize your adventure with options that suit your interests, and cross the 7th Continent off the list—your way.

Antarctica has been inspiring explorers for centuries and our voyages—led by the best expedition teams in the industry—offer the chance for you to discover why. We're excited to host you on your unforgettable adventure. Feel free to reach out to our team of Polar Travel Advisers who can answer your questions and provide assistance at any time.



## HIGHLIGHTS



Set foot on the magical 7th Continent with the best expedition team in the industry



Travel safely and comfortably aboard our ice-strengthened vessel



Enjoy presentations on wildlife, history, glaciology and geology by our onboard polar experts

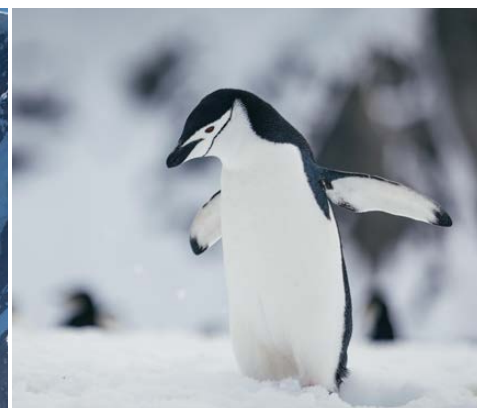


Experience abundant wildlife, such as penguins, seals and whales



Immerse yourself in the icy realm of the Antarctic, with an optional paddling excursion





# Itinerary

## DAY 1 | ARRIVAL IN USHUAIA

You may arrive in Ushuaia at any time on Day 1. Many guests choose to arrive a day or two before embarkation day to explore this quaint port city at the bottom of South America, and the surrounding region. Based on the arrival information you send in advance, we will arrange for a transfer from the airport to your hotel.

## DAY 2 | EMBARKATION IN USHUAIA

On the morning of Day 2, your luggage will be collected from the hotel lobby and transferred to your cabin on the ship. Guests will meet at a designated location near the pier, usually about 4 pm, and board the waiting buses for transfer to the ship.

## DAYS 3 & 4 | CROSSING THE DRAKE PASSAGE

Legendary for its high winds and rolling seas, you may get lucky and have surprisingly calm seas through the Drake Passage. Spend your time in the lounge or chatting with your fellow travelers. As you gain your sea legs during the crossing, our Expedition Team will begin their series of presentations to help prepare you for your upcoming Zodiac and land excursions. You officially enter Antarctica when your ship crosses the Antarctic Convergence, a biological boundary that fluctuates around 60° south.



**ANTARCTIC EXPLORER**  
Discovering the 7th Continent

Onboard *Ocean Explorer*

## DAYS 5-8 | SOUTH SHETLAND ISLANDS AND ANTARCTIC PENINSULA

The most common reaction upon reaching the 7th Continent is a sense of reverence and awe. The experience is beyond words, since few places are as untouched and enduring as Antarctica. You will begin to appreciate why this region has long captivated the attention of explorers and travelers alike. Every time we visit Antarctica, we witness something new or unexpected, which means that your expedition will be unlike any other—creating a unique, personal experience.

Each day, you will take Zodiac excursions from the ship to explore glaciated bays, channels and landing sites. Your Expedition Team will take care of you at each landing, whether you are

hiking the Antarctic landscape, visiting a research station or consorting with chinstrap, Adélie and gentoo penguins, all of which can be found here. Keep an eye out for Weddell, fur, crabeater and leopard seals as well as curious whales, such as humpbacks, minkes, or perhaps orcas while on a Zodiac cruise. Each excursion will present a new array of creatures to fascinate you and keep your camera busy.

Amid the serene silence of Antarctica, noisy interludes become indelible memories, such as penguins squabbling over prized pebbles, or the boom and crack of a calving glacier.

Every day will be different, having been carefully crafted by your Expedition Team to inspire and educate you about this wonderful part of the world.

## DAYS 9 & 10 | CROSSING THE DRAKE PASSAGE

The journey back across the Drake Passage provides final opportunities to enjoy the crisp Antarctic air. Spend time on the deck, watching for seabirds and scouting for whales, enjoy presentations by your Expedition Team and celebrate the experiences shared exploring Antarctica.

## DAY 11 | DISEMBARK IN USHUAIA

Your ship is scheduled to arrive in Ushuaia between 7 a.m. and 8 a.m. Once the ship has docked, you will bid farewell to your Expedition Team and shipmates before completing your disembarkation. You are then free to continue your onward journey.



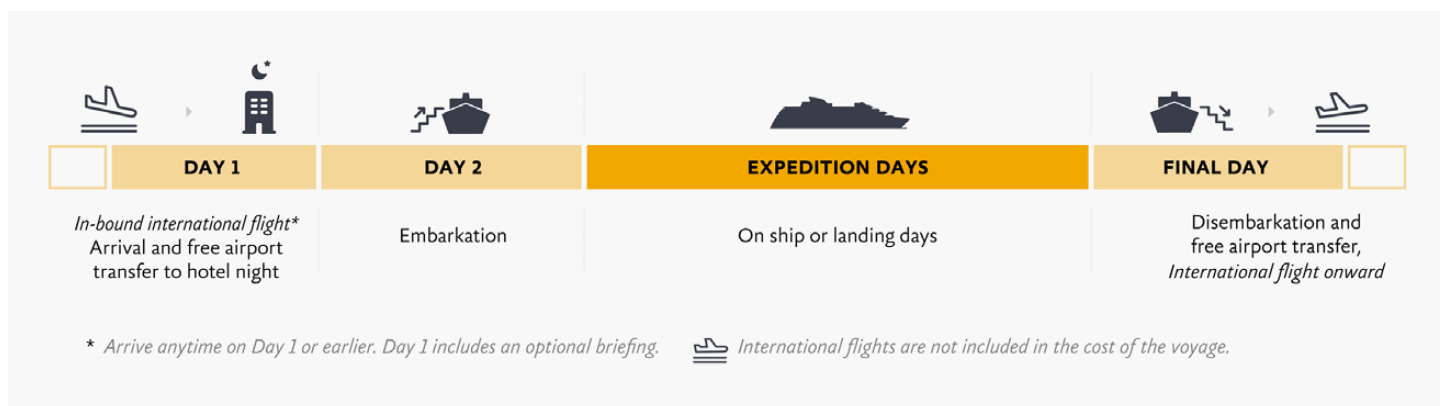
## EXPEDITION SPIRIT

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, and International Flight Planning



## Arrival Day and Embarkation

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

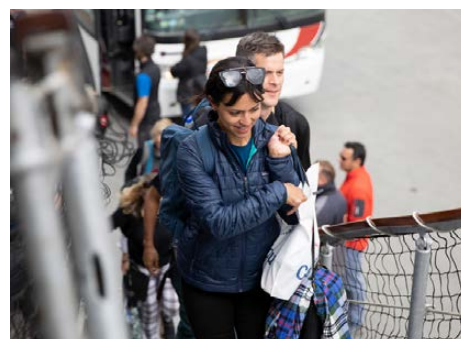
You may arrive in Ushuaia at any time during Day 1 of your itinerary. Ushuaia and its mountainous surroundings are destinations worth exploring, so we do encourage you to arrive a day or two before your expedition. Based on the arrival information you send us, we will arrange for a transfer from the airport to your 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 6 pm.

### DAY 2 — 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 4 pm. You



and your shipmates 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 your optional pre-departure meeting on Day 1.

## Final Day and Departure

### DISEMBARKATION IN USHUAIA AND ONWARD

Your ship is scheduled to arrive at the pier in Ushuaia, usually between 7am and 8am. Once the ship has docked, you will bid farewell to your Expedition Team and shipmates before completing your disembarkation. The process takes about an hour.

Weather conditions can always change our arrival times, and airline schedule changes have also been known to occur in Argentina. Please book your flight home from Ushuaia to depart as late in the day as possible or at a date after the end of your expedition. If you have booked a flight that departs before noon 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.

## Arrival and Departure Transfers

### 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.

*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 will be indicated on your final voyage confirmation. Ushuaia accommodations trend toward mid-range properties, and hotel space is limited. A particular property cannot be guaranteed, but space is most often booked at Hotel Las Lenguas, Hotel Los Acebos, and Albatros Hotel. 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 preferred travel agent or Quark Expeditions for hotel options. As accommodation space is limited, you are encouraged to request any extra nights as early as possible.









# Included Activities

These are included in your trip package.



Ready for a little adventure beyond your ship? Each Quark Expeditions voyage offers a variety of immersive off-ship 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, 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

Hiking in Antarctica is free-form and supervised by our expert staff, who set out a perimeter or paths at each landing site within which you are free to explore. While you hike, staff will be available to enhance your experience by answering questions about the wildlife, history and geography of the area.

## 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 Antarctic waters under the watchful eye of our staff—and just about every single camera on board.

## PHOTOGRAPHY

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

*More information about your Included Activities and Adventure Options, including the necessary experience, physical requirements and cost, is available by contacting your Polar Travel Adviser or your travel professional.*



# Adventure Options

These activities cost extra and must be booked in advance of your trip.



## CAMPING

Treat yourself to an overnight camping adventure in Antarctica! This is one of the best ways to experience Antarctica in an intimate manner, taking your expedition to the next level. Camping is available on most early-season Antarctic voyages. A mandatory onboard safety briefing gets you fully prepped and ready for an unforgettable night of sleeping under the Antarctic summer sky. Dress warmly and eat a hearty meal before you head out, as no food is allowed ashore. You will be provided with an insulating mat,

sleeping bag, and bivy sack (a breathable waterproof outer bag) to keep you comfortable and dry while you sleep on top of the snow. Our popular camping options have limited availability, so book early to secure your space.

## 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 paddlers will be taken out on calm days, with our 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 as spaces are limited.

## 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.

### PLEASE NOTE

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






# Departure Dates

Antarctic Explorer: Discovering the 7th Continent

## OCEAN EXPLORER

Adventure Options

<i>Dates</i>	<i>Days</i>	<i>Start / End</i>			
<b>ANTARCTIC 2026/2027</b>					
NOV 12 - 22, 2026	11	Ushuaia	\$	\$	\$
NOV 21 - DEC 1, 2026	11	Ushuaia	\$	\$	\$
NOV 30 - DEC 10, 2026	11	Ushuaia	\$	\$	\$
DEC 9 - 19, 2026	11	Ushuaia	\$	\$	\$
DEC 18 - 28, 2026	11	Ushuaia	\$	\$	\$
DEC 27, 2026 - JAN 6, 2027	11	Ushuaia	\$	\$	\$
JAN 5 - JAN 15, 2027	11	Ushuaia	\$	\$	\$
FEB 28 - MAR 10, 2027	11	Ushuaia	\$	\$	-



**Raise a Glass and Stay Connected.**  
See below for specifics on our complimentary Wi-Fi and bar service..



# Inclusions and Exclusions

## Inclusions

### RATES INCLUDE:

#### For all voyages:

- An official Quark Expeditions parka to keep
- Leadership throughout the voyage by our experienced Expedition Team, 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.
- Complimentary select beer, wines and select 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 your 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.)
- All miscellaneous service taxes and port charges throughout the program
- All luggage handling aboard the ship
- Group arrival transfer in Ushuaia from airport to pre-expedition hotel on Day 1
- One night's pre-expedition hotel accommodation in Ushuaia 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. Triple rooms may not be available.)
- Group transfer from hotel to ship on embarkation day
- Group departure transfer upon disembarkation in Ushuaia from ship to local airport or to luggage.

## Exclusions

### RATES SPECIFICALLY DO NOT INCLUDE:

#### For all voyages:

- 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, spa services and other personal charges, unless specified
- Phone charges may vary by location
- Our basic complimentary Wi-Fi service does not include Premium packages which enable more data-intensive applications
- Voluntary gratuity at the end of the voyage for expedition staff and shipboard crew
- Additional overnight accommodation
- Arrival and departure transfers, except where explicitly stated
- Adventure Options not listed in Included Activities.



# Your Expedition Team

Our Expedition Leaders are proudly and unapologetically polar-obsessed. They focus exclusively on Arctic and Antarctic exploration, and they draw on 34 years of polar expertise. They obsess over every detail of your voyage—on ship and off ship. Our Expedition Leaders spend their careers—it's a life calling, actually—feeding and sharing their passion for the Polar Regions. And they're driven to ensure you experience polar moments no one else can offer.

Our Expedition Leaders are experts in polar history, marine biology, glaciology, ornithology photography and other subjects. They're trained to handle the unexpected. All staff undergo comprehensive training at Quark Academy, which provides hands-on polar expedition training to new and experienced team members.







*One of the many historic churches in Buenos Aires*



*Iguazú Falls*



*Ushuaia Maritime Museum*

# Extend Your Trip

## PRE- AND POST-EXPEDITION TRIP EXTENSIONS

Since you're traveling such a long way, you may want to spend extra time in Buenos Aires. We have a variety of pre- and post-expedition packages in this captivating city, known as the tango capital of the world. Enjoy an extensive city tour, take in a tango show and explore the unique neighborhoods of Recoleta, Palermo and San Telmo. Savor Argentine barbecue at a steakhouse (*parrilla*), then stroll the tree-lined boulevards and marvel at the historic architecture.

Take an extended tour from Buenos Aires to Iguazú Falls, and, if you're daring, walk the catwalks over the falls.

Upon arrival in Ushuaia, you can take in its unique museums, incredible hiking, and Patagonian cuisine. Spend a day in nearby Tierra del Fuego National Park, marvelling at the mountains, birdlife, waterfalls and forests.

*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.*



## 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 complimentary select beer, wines and select 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.

### Antarctic Peninsula

#### CIERVA COVE

Cierva Cove boasts jaw dropping icebergs and a glaciated backdrop. A massive glacial face regularly calves into the bay, leaving often spectacular floating ice. Seals can be spotted on ice floes, and later in the season, humpback whales occasionally feed in the icy waters.

#### CUERVERVILLE ISLAND

Rising out of the mouth of the Errera Channel, this tall, steep island is covered by a colorful spectrum of lichens and mosses. A large gentoo penguin rookery is situated on a rocky beach at the north end of the island. Depending on when in

the season you arrive, you may see the penguins building nests, incubating eggs, or attending to their chicks.

#### DAMOY POINT

Damoy Point is the site of a historical ice runway used by the British Antarctic Survey for their flights further south since 1975. The well-maintained hut was used as a staging-post to store supplies and for accommodation while awaiting ideal flying conditions. The point is also home to a penguin rookery and allows for spectacular views of the mountains of Anvers Island.

#### DANCO ISLAND

Home to gentoo penguins, this small dome-shaped island provides you with a stunning view of the Errera Channel and excellent Zodiac cruising opportunities.

#### ENTERPRISE ISLAND

Located in Wilhelmina Bay, this island's protected coves were once used by whalers. A Zodiac cruise





exploring the island passes the rusting remains of a wrecked whaling ship, and provides opportunities to search for humpback whales.

#### LEMAIRE CHANNEL

One of the most scenic locations on the peninsula's west coast, this dramatic strait runs between the towering cliffs of Booth Island and the Antarctic Peninsula. The channel may become impassable when ice fills the narrow, 6.8-mile (11 km)-long passageway, so we'll hope for clear waters.

#### MELCHIOR ISLANDS

This group of low, glaciated islands in Dallmann Bay is where you may see hauled-out male fur seals as they recuperate from their battles for supremacy at the end of their breeding season.

#### MIKKELSEN HARBOR

Located on the south side of Trinity Island and surrounded by stunning ice cliffs and several reefs, Mikkelsen Harbor is a 1.86-mile (3 km)-wide bay, discovered

by a Swedish Antarctic expedition in 1901-04. Enjoy a Zodiac cruise of the beautiful waters, or if conditions allow, land at D'Hainaut Island, home to an Argentine refuge hut and whaling remains in the form of a wooden boat and whale skeletons. Weddell seals are often seen in the area and a gentoo penguin rookery is situated on the island.

#### NEKO HARBOUR

Little evidence remains that this bay was once used by the floating whale factory ship *Neko*. You might see whale vertebrae being used by resident gentoo penguins as shelter from the wind.

#### PARADISE HARBOR

Paradise Harbor is a wide bay and natural harbor on the West Antarctic Peninsula. Mountains, glaciers and ice cliffs offer spectacular views. Icebergs occasionally calve from the glaciers, providing a place for seals, penguins and seabirds to rest and play. An Argentine base, Almirante Brown Station—named after Admiral Guillermo Brown, father of the Argentine Navy—is also located in Paradise Harbor,

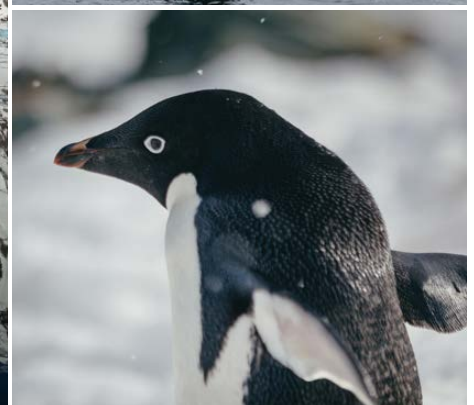
and was operated from 1951 until a large section of it burned down in 1984. It has since been partially rebuilt and today is used during summer months for scientific research.

#### PETERMANN ISLAND

Here, near the Lemaire Channel, you can stand ashore and see the southernmost breeding colony of gentoo penguins. Adélie penguins, shags and south polar skuas also inhabit the island.

#### PORT LOCKROY

As part of Operation Tabarin during the Second World War, a secret British base was built in this sheltered harbor, located on the west side of Wiencke Island. Now a designated historic site, the base is a museum and post office. Proceeds from your purchases in Port Lockroy support the UK Antarctic Heritage Trust, which preserves British and other historic sites dating to the Heroic Age of Exploration. A large gentoo penguin population resides here.





### WILHELMINA BAY

Humpback whales abound in “Whelmina Bay,” as it’s nicknamed, and the scenery is spectacular. Sheer cliffs and glaciers surround the calm waters of the protected bay, named after Wilhelmina, queen of the Netherlands from 1890 to 1948. If you’re lucky, you may see the humpbacks bubble-net feeding: they exhale while swimming in a wide circle below the surface, trapping krill in a “net” of bubbles, and then swim straight up from below, mouths open, to engulf their prey. A truly astounding sight.

## South Shetland Islands

### AITCHO ISLANDS

This group of small islands is situated in the northern entrance of the English Strait. You can often spot a great mix of wildlife in the area, with gentoo and chinstrap penguins having established rookeries on the islands. Southern elephant, fur and Weddell seals frequently haul out here, too.

### DECEPTION ISLAND

Deception Island is a flooded circular caldera formed by the collapse of an active volcano. To reach this protected

harbor, it is necessary to sail through a narrow passage called Neptune’s Bellows. Inside are several bays used at various times for whaling and scientific research. Along with waddling penguins and lounging seals, you’ll see the rusting remains of whaling operations on the beach in some locations. The landscape of Deception Island often presents opportunities for longer walks to striking vistas. The stark contrast between snow and dark volcanic sand and the steam along the shoreline from geothermic activity when the tide is right, gives this location an atmospheric feel.

### HALF MOON ISLAND

This crescent-shaped island was known to sealers as early as 1821. While they tried to keep this productive location secret, we’re happy to bring you ashore on this impressive island. Many Antarctic birds breed here, including chinstrap penguins, shags, Wilson’s storm petrels, kelp gulls, snowy sheathbills, Antarctic terns and skuas.

### HANNAH POINT

On the southern coast of Livingston Island at Hannah Point, you may see

chinstrap and gentoo penguin rookeries, along with the occasional breeding macaroni penguin. Due to the rather congested area available to the nesting penguins, we are able to visit here only after January 10.

### TURRET POINT

Chinstrap and Adélie penguin rookeries are found on this point, situated on the south coast of King George Island. The beaches here are often crowded with southern elephant, fur and Weddell seals hauled out on the rocks.

### YANKEE HARBOUR

Gentoo penguins have established a rookery at this harbor, situated on the southwest side of Greenwich Island. Here, you can see an abandoned Argentine refuge hut and a large glacier that stretches along the east and north sides of the bay. An abandoned sealing try pot is all that remains of the activity that brought men thousands of miles in tall ships to seek their fortune. Enjoy a rare chance for a longer walk along the expansive beach, dotted with historical artifacts and wildlife.



### EXPEDITION SPIRIT

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# What to pack on your Antarctic expedition

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

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

## BY LAND (Shore Excursions and Hiking)

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

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

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

## TO WEAR ON BOARD

- ☐ The complimentary Quark 3-in-1 Parka provided on board is designed with a waterproof shell that can be worn out on deck, and a removable liner that you can wear to stay comfortable indoors)
- ☐ Comfortable casual clothing like lighter shirts, pants or jeans, etc. (in case the ship gets warm)
- ☐ Comfortable non-slip closed-toed, heelless shoes (flip flops, sandals or slip-on shoes should not be worn on board due to safety concerns)
- ☐ Workout attire (for the fitness center)
- ☐ 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/Antarctica](https://QuarkExpeditions.com/What-to-Pack/Antarctica)
- › Related topics are covered on our Frequently Asked Questions page:  
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## WEATHER CONDITIONS AND TEMPERATURES

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



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