



# ANTARCTICA TRAVELLERS GUIDE





# Congratulations on booking your trip to Antarctica

In this Antarctica Travellers Guide you will find a complete picture of how to get prepared for what can only be described as the adventure of a lifetime.

Antarctica is one of the last truly untouched destinations left on the planet. The wildlife, scenery, and landscape are often referred to as 'otherworldly' as there is, quite literally, nowhere like it!

Mostly though, Antarctica is a place that captures everyone differently, it's a place that offers the most overwhelming type of experience, one that speaks directly to your soul.

You will see vast penguin rookeries and seal colonies on land, whales and seals patrolling the waters, Wandering albatross and a myriad of birdlife soaring above - the wildlife is utterly mesmerising. Your Antarctic expedition will leave you with memories that will stay with you forever.

Please read carefully through this Antarctica Travellers Guide as it contains important information and many helpful hints that will help you to prepare for your upcoming expedition. It will also give you a better understanding of what to expect whilst travelling to the southernmost continent in the world, Antarctica.

Thank you for choosing to join us in Antarctica. We feel privileged to share this experience with you and hope you are as excited as we are.



# Your Travel Documentation

Being environmentally accountable is a crucial part of our organisation.

We are striving towards using less paper, taking several initiatives to do so and tracking our progress along the way.

**Therefore, we have decided to go paperless, will you?**

For more information about our Best Practice Guide on sustainability for our organisation and our travellers please go to: [Sustainability](#)



## OUR GOAL: A PAPERLESS ORGANISATION

When taking into consideration gas emissions from paper production, transportation, use and disposal, 98 tonnes of other scarce resources are utilised when making paper.

Paper and pulp production has been noted as the 4th largest industry contributor of greenhouse gas emission in the world today and around 30 million acres of forest is destroyed each year.

As a way of giving back to the earth that makes who we are and what we do possible, we are highly dedicated to playing our part in minimising our impact with our 'paperless' movement.



## YOUR FINAL TRAVEL DOCUMENTATION

For these reasons all documentation including your Final Travel Documentation will be sent electronically.

We encourage our travellers to support our aspirations and actions and ask that you reconsider printing out your documentation. To view your Travel Documentation including this guide simply download them to your iPad, Smartphone or portable computer before you depart for access during your trip.

At the end of the day you've paid for an incredible holiday experience, not for a piece of paper. So we hope you're on the same page (pardon the pun!).

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# GENERAL INFORMATION

## Need to Know

Once you are confirmed on your Antarctic cruise, your booking agent will provide additional information and resources to assist with planning for your Antarctic adventure.

### CRUISE ENROLMENT & MEDICAL INFORMATION

It's a requirement that all guests travelling to Antarctica complete passenger and medical information. This will be forwarded to you approximately four months prior to departure and completed forms need to be returned **no later than 95 days** in advance of your departure. Your Final Travel documentation cannot be released until this is completed in its entirety. On review of your medical information, you may be required to provide further details or visit your Medical Practitioner/GP about any health issues that could affect your journey. We will advise you on review of this information if this is required.

### FINAL TRAVEL DOCUMENTS

Final travel documents are sent out approximately 45 days prior to departure. Your final travel documentation includes a wide range of important information including arrival, embark and debark information, contact information for the ship, your pre-voyage checklist and local emergency contact information. Your Cruise Enrolment and Medical Information must be complete for your documents to be released to you.

### ADDITIONAL RESOURCES

Once you are confirmed on an Antarctic cruise, you will receive a link to the Traveller Information page which offers additional information to help you assist with planning for your Antarctic adventure, including:

- Key IAATO guidelines for visitors
- Ship Booklet
- Travel Safe Strategy
- Additional information on Paid Adventure Options

Please enquire with your booking agent if you have not received this information or have any queries.





# Travel Advice & Safety Precautions

## AUSTRALIAN CITIZENS

For Australian citizens travelling anywhere in the world, we recommend registering with Smartraveller to be kept up to date with the latest travel advice and safety precautions:  
<https://smartraveller.gov.au>

## USA CITIZENS

For US citizens travelling anywhere in the world, we recommend registering with the 'STEP' – Smart Traveller Enrolment Program to be kept up to date with the latest travel advice and safety precautions: <https://step.state.gov/>

## CHINESE CITIZENS

For Chinese citizens travelling anywhere in the world, we recommend visiting the 'Ministry of Culture and Tourism' website to be kept up to date with the latest travel advice and safety precautions: [www.mct.gov.cn](http://www.mct.gov.cn)

## NEW ZEALAND CITIZENS

For New Zealand citizens travelling anywhere in the world, we recommend registering with Safe Travel to be kept up to date with the latest travel advice and safety precautions:  
[www.safetravel.govt.nz/register-your-travel](http://www.safetravel.govt.nz/register-your-travel)

## EUROPEAN CITIZENS

For EU citizens travelling anywhere in the world, we recommend checking the 'European Commission' website for the latest travel advice and safety precautions associated with your country of citizenship:  
[https://ec.europa.eu/consularprotection/travel-advice\\_en](https://ec.europa.eu/consularprotection/travel-advice_en)

## UK CITIZENS

For UK citizens travelling anywhere in the world, we recommend checking the FCO website for the latest travel advice and safety precautions and subscribing to updates for any countries relevant to your journey:  
[www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice)

## CANADIAN CITIZENS

For Canadian citizens travelling anywhere in the world, we recommend signing up to the 'Registration of Canadians Abroad' to be kept up to date with the latest travel advice and safety precautions:  
<https://travel.gc.ca/travelling/registration>





# Passport, Visa & Entry Requirements

## PASSPORT

Please ensure that your passport is valid for **at least six months** after the return date of your holiday, and you have sufficient blank pages for any entry/exit stamps.

We recommend you take a photo or scan the first pages of your passport and email these to yourself along with a copy of your air ticket and any other relevant travel and insurance documents.

## VISA & ENTRY REQUIREMENTS

This information is to be used as a guide only. Please refer to the Traveller Information page or ask your booking agent for more details on visa requirements as these change frequently.

Due to constantly evolving COVID-19 requirements and restrictions, please also refer to your government's foreign travel advice for most up to date information on entry requirements for countries you are travelling to and transiting.

## ARGENTINA

A pre-arranged visa is not required to enter Argentina for citizens of the following countries: Australia, Canada, the European Union, Ireland, New Zealand, South Africa, the United Kingdom and the United States. For all other nationalities please check with your closest Argentinian embassy or consulate.

### Australian Citizens

Australian passport holders will require a visa to enter Chile.

For more details on the visa application requirements, please visit: <https://serviciosconsulares.cl/tramites/temporary-admission-for-australian-passport-holders>

### Japanese Citizens

If you are a Japanese national that is authorised by a treaty country other than Japan, you are required to notify the Ministry of the Environment prior to your cruise.

No individual permit is required, just notification to the Ministry of the Environment before your Antarctic trip. For more information please visit: [www.iaato.org/info-for-japanese-nationals](http://www.iaato.org/info-for-japanese-nationals)





## IMPORTANT NOTE IF TRAVELLING VIA THE USA

International travellers who are seeking to travel to or via the United States under the Visa Waiver Program (VWP), even if you are only transiting, are now subject to enhanced security requirements and will be required to pay an administrative fee.

All eligible travellers who wish to travel to or via the USA under the Visa Waiver Program must apply for authorisation and then pay the fee. Visit the following website for more information: <https://esta.cbp.dhs.gov/esta/>

**Please note:** If you are travelling within South America before or after your Antarctica expedition, please ensure you check visa and entry requirements for all countries you intend to visit or transit.

**Disclaimer:** While we will assist in providing the details needed to obtain any necessary visas, this information changes regularly, and we are not a consular service. It is the sole responsibility of the traveller to obtain the necessary visas and entry requirements before departing their home country.

Travelling without a visa may result in the cancellation of all or part of your arrangements without refund as per the Cruise Booking Conditions.



*Active hyperlinks, so click where you see an underline!*







# Travel Insurance

**Please note: Travel insurance is mandatory on all Antarctic voyages and is a condition of carriage. Your final travel documentation cannot be released once you have provided us with your travel insurance details.**

Travel insurance is one of the most important components of any trip, especially in Antarctica - the most remote and inhospitable place on Earth. You must have the most suitable insurance with adequate coverage. Because of Antarctica's remoteness, medical attention and evacuations are extremely expensive, making insurance coverage an absolute necessity, particularly as you have invested large sums of money to travel there.

Your travel insurance must provide a **minimum coverage of USD250,000** for medical expenses, evacuation (including ship-to-shore transfer), and emergency repatriation. It must also cover **all significant pre-existing conditions**, particularly those that have the potential to cause issues on board.

Your insurance must include coverage for COVID-19. Be aware that some travel insurance policies have minimum requirements for vaccination series (i.e., two doses + booster) to cover COVID-19-related medical, evacuation, and emergency repatriation.

Your travel insurance policy must meet these minimum requirements.

We also strongly recommend that it covers cancellation, curtailment, personal liability, personal accident, death, sickness, loss of baggage and personal belongings, and disruption to your travel plans.

We strongly advise you to purchase travel insurance simultaneously as booking to ensure you are covered for cancellation and curtailment from when you confirm your Antarctic voyage. You need to know precisely what you are covered for and ensure that your policy covers this from when you leave to when you arrive home.

Please consider the below when choosing your travel insurance cover:

## WEATHER

Trip delays and unforeseen disruptions are not uncommon in Antarctica - mainly due to weather and sea conditions - so a travel insurance policy that covers bad weather is an absolute must.

## ACTIVITIES

There are many activities that can be undertaken in Antarctica. If you plan to participate in adventure options such as Day Paddle, Snowshoeing or Camping, please ensure your travel insurance specifically covers you for these activities. You need to ensure you know exactly what you are covered for and that your policy covers this from the time you leave to the time you arrive home.

## MEDICAL, EVACUATION & REPATRIATION

Your travel insurance must provide a minimum coverage of USD250,000 for medical expenses, evacuation (including ship-to-shore transfer), and emergency repatriation. It must also cover all significant pre-existing conditions, particularly those that have the potential to cause issues on board.

## DESTINATION SPECIFIC

Select a policy that will cover all your intended destinations in Antarctica as well as countries you are travelling in before and after your Antarctic cruise. Some policies, for example, may not cover for travel below the Antarctic Circle.

You need travel insurance for all destinations.

## MONETARY LEVEL OF COVER

Our minimum requirement is USD250,000 for medical expenses, evacuation (including ship-to-shore transfer) and emergency repatriation, including cover for COVID-19 and any significant pre-existing conditions.

## TRANSIT

Our Antarctic expeditions depart from South America, you must ensure that you are covered from the moment you leave home to when you return, so all destinations including transit destinations are covered.







# Baggage Allowances

Airlines often enforce baggage restrictions and so we recommend that you check with your airlines ahead of time to determine what your carry-on and checked bag allowance is.

This will ensure that you avoid possible check-in issues or excess baggage fees which can be very expensive. The allowances vary greatly between airlines, so we advise you to check the restrictions for each of your flights.

Domestic flights often have stricter baggage restrictions than international flights, with lower weight restrictions. Check the luggage restrictions carefully on your flights into and out of embarkation and disembarkation cities.

Always carry your important documents and basic necessities (including any prescribed medication) in your carry-on luggage, not in your checked luggage.

# Fuel Surcharges

Please note that your booking may be subject to fuel surcharges should global oil prices increase significantly prior to the time of your departure. We do attempt to factor this price into the expedition cost, however unexpected rises in the cost of marine fuel may result in a fuel surcharge.

By booking your Antarctic expedition with us, you agree that this may be the case with your booking. Please consult our Cruise Booking Conditions for more information.





# Changes to Schedule

You should be aware that Antarctic expeditions operate in extreme and unpredictable environments. While we endeavour to keep to a rough site specific schedule, there may be reasons outside of our control that will result in changes to the suggested program.

For all our expeditions to Antarctica, South Georgia and Falkland Islands, please be aware that itineraries are an approximate guide and that the actual route will be determined day to day depending on weather and the best experience available.

The sea crossings between the Falkland Islands and South Georgia & South Georgia and the Antarctic Peninsula are quite long (around two full sea days) and sometimes the timing of these crossings need to be adjusted to align with suitable sailing weather.

If the itinerary is changed to account for adverse weather (or other factors), then you agree that this is the nature of expedition travel and that no compensation will be offered as a result of the itinerary changes or delays.

## DAY 1 - ARRIVAL DAY

An arrival transfer from the airport to your included hotel is included if you are arriving on Day 1. Details of your hotel as well as timings for your 'ice-breaker' welcome briefing held on the evening of Day 1 will be included in your final travel documentation.

If you wish to know the details of your included hotel on Day 1, or would like to discuss additional arrangements if you are arriving prior to Day 1, please contact your booking agent.

## DISEMBARKATION & FLIGHTS OUT

A transfer to Ushuaia airport or downtown Ushuaia is included on the day of disembarkation.

**If you are flying out on disembarkation day, please don't book your flight to depart before midday in case of any delays caused by unfavourable weather conditions.**

If you would like to stay on in Ushuaia beyond today or would like to explore South America, please speak to your booking agent to discuss options.







# HEALTH INFORMATION

## VACCINATION REQUIREMENTS

We strongly recommend COVID-19 vaccination and an up-to-date influenza vaccine, considering the presence of Avian Influenza in Antarctica.

Additionally, we will implement a range of health protocols to reflect the best management of health, safety and hygiene to ensure the safety of our guests, staff and crew onboard the ship. Please refer to our **Travel Safe Strategy** or contact your booking agent for more details.

Additionally, an International Certificate for Yellow Fever is necessary if you are arriving in Argentina from an infected area within five days.

**Please Note:** If you are travelling within South America prior to or after your expedition, we recommend that you visit your Doctor or Travel Doctor for current information and to obtain up to date advice on vaccinations. It is every client's responsibility to have the vaccinations and requirements for travel. We will not be held responsible for travel delays or refused entry into countries due to guests not having the necessary vaccinations.





# ONBOARD MEDICAL FACILITIES

We have an infirmary on board and an English-speaking, emergency trained Doctor to provide routine and emergency health care.

Please ensure you bring an additional two-week supply of any life sustaining or essential medication you take regularly. Because we operate in an extremely remote part of the world, there is limited opportunity to restock medical supplies. Please advise your booking agent if any medication you will bring requires special requirements (i.e. refrigeration).

We cannot accept responsibility for not having a specific brand or type of drug on board. Should you fall ill, the Doctor will refer to the Medical Forms that you completed and returned to us as part of your Cruise Enrolment, so please ensure that the information you provide is complete and accurate.

Should there be a charge for medications, our Doctor will issue an invoice and a medical report that you can present to your travel insurance company if applicable. This will be delivered to your cabin in an envelope prior to the end of your voyage.

Your medical form will be made available to be completed four months prior to departure, however, should you have any pre-existing medical concerns, it is important to bring these to our attention prior to confirmation.

It's important to know that the remote nature of an Antarctic voyage means that medical facilities are limited and access to secondary or tertiary healthcare may be difficult.

To ensure the safety of all guests, we have taken steps to assess the risk of common pre-existing medical conditions and determined that certain conditions may pose a significant risk of deterioration or complication while on board.

As a result, it's important to note that some medical conditions may not be suitable for travel aboard the ship. Please liaise with your booking agent to discuss certain conditions that may need review, who can arrange a call with our Medical Team prior to confirmation to discuss your personal history and the next steps.

Please advise your booking agent of any changes to your medical information between the time you submit these details and your voyage departure. It is critical for us to have complete and accurate medical information prior to your voyage departure to ensure we are best equipped to assist in the unlikely event of an incident onboard.







# MOTION SICKNESS

Motion sickness or sea sickness is common for many guests, especially when crossing the Drake Passage, which can, on occasion, be rough and turbulent.

There are a variety of over-the-counter and prescription remedies that your Doctor, Pharmacist or Travel Clinic can prescribe or suggest.

Motion sickness medication is preventative, not curative, and so we recommend that you bring your own medication and start to take it as soon as we sail out of port, before the ship heads into open sea.

Sea sickness medication is most effective if taken prior to the onset of nausea - so don't wait until you feel sick to start taking it.

Transdermal patches (such as Scopolamine patches) and bands tend to be the most effective preventative medication and can be purchased from your local chemist in most countries.

In addition, there are a range of oral medications that are very effective. Including, but not limited to, Meclizine, Sturgeon (Cinnarizine), Dramamine and Phenergen.

Meclizine tends to be the least sedating and is a once a day, long acting medication.

If you have any chronic health issues, or take any regular medications, please check with your Doctor regarding interactions and side effects of seasickness medications to ensure they are safe for you to take.

If you are prone to motion sickness, it is best to avoid alcohol, tobacco, excess liquids and confined spaces.

Another piece of advice is to eat, as the sensation of nausea is worse on an empty stomach. Try to eat a little at every meal. Make sure you stay hydrated and rested and take your medication.

The onboard Doctor onboard will run a 'Sea Sickness Clinic' for those guests who would like extra information and be available to answer any additional questions on the first day of the voyage.

We find that guests who have adjusted their body clocks to the local time after a long international flight tend to manage motion sickness better than those still dealing with jet-lag. So, if time permits, arriving in South America a few days prior to your voyage is recommended.



# EXPEDITION GEAR & PACKING

Packing is often the least popular aspect of any holiday – but packing for the Polar regions can be particularly daunting.

It is one of the most extreme environments you are ever likely to find yourself in, so staying warm and dry is vital when the weather is so unpredictable. But don't worry, we have you covered!

## Dressing for shore landings:

When you're leaving the ship to land you will board Zodiacs to take you to shore. This crossing can be cold and windy, so we recommend wearing lots of warm layers, a waterproof outer layer and a warm hat.

While you shouldn't get wet, it's a good idea to keep your camera in a waterproof bag. Life jackets, warm inner jacket as well as a sturdy waterproof Expedition Parka, and waterproof Muck Boots are provided.

**Important:** ensure all gear you plan to wear off the ship will leave no trace. Pom-poms and clothing that may shed cannot be worn.

## Dressing for the ship:

When you're out on deck, it can be windy and icy but the temperatures inside the ship are kept toasty warm. For this reason it's a good idea to wear multiple layers, so that you can easily adapt.

## GOLDEN RULES

**Rule #1:** Layers, layers, layers

**Rule #2:** Wear breathables (wool, not cotton)

**Rule #3:** Waterproof, not water repellent

**Rule #4:** Protect your extremities

**Rule #5:** Follow IAATO 'Don't Pack a Pest' guidelines





# PACK LIKE AN EXPLORER



## LAYERS

While it's tempting to pack lots of bulky sweaters and overcoats, what you really need is a solid combination of short and long-sleeved tops (some thermal, some not). Your ship will be a comfortable temperature onboard, so having layers to peel off when onboard (and put back on when heading out on the deck) is smart.



## SOCKS

Packing both thick, thermal socks and thinner, everyday socks is wise. Your thicker socks are great for shore visits, so having a few to rotate is a good move.

Your thinner socks are perfect for when you're ship-bound. You'll be warm and sheltered when eating in the dining room, listening to lectures and reading in your cabin, so thermal, woollen socks are overkill when you're not outside.



## WATERPROOF PANTS

Your ship will provide boots and waterproof upper layers - a polar jumpsuit-situation, but you will need to bring your own waterproof, insulated snow pants for shore excursions and kicking about on deck while looking for Humpback whales, ensuring these have wide legs to fit over your muck boots.



## A TIGHT-FITTING, WARM HAT

Loose hats are not advisable in Antarctica. We advise you to bring one that fits tight on your head (non pilling/shedding). Please note that hats with baubles are not allowed.



## SUN PROTECTION

The sun in Antarctica can reflect harshly off the snow, so even in frigid temperatures sunburn is common. Make sure to pack your sunglasses (with UV protection), broad spectrum sunscreen and lip balm.



## GLOVES

Packing two pairs of gloves is advisable, just in case one pair goes missing or gets wet. One waterproof pair for shore visits is a must. And a thinner, non-waterproof pair for when you're taking photos, or to wear as an inner layer can be handy too.



## MOISTURISER

Windy and dry conditions mean your skin will dry out rapidly if you don't moisturise, so slather it on every day while on board.



## MEDICATION

If you are living with asthma, diabetes or any other other conditions, ensure you've got all of your regular medications packed.

While your ship may stock some basics, any medication you require should be bought with you.

While we provide some sea sickness medication on board, it's something many people fear when it comes to an Antarctic journey. Before your journey, speak to your Doctor about sea sickness or any other concerns.





# PROVIDED EXPEDITION GEAR

Staying warm and dry during your voyage is vital. Our quality manufactured expedition gear, meticulously designed based on many years of experience in harsh environments to ensure maximum comfort on your Antarctic adventure.

Once on board you will be provided with:

- Expedition Parka (on loan)
- Insulated Inner Jacket (yours to keep)
- Muck Boots (on loan)

Additionally, you must bring and wear waterproof trousers for all Zodiac and shore excursions.

We will request your sizing for your Inner Jacket, Expedition Parka and Muck Boots when you complete your Cruise Enrolment approx. five months prior to departure.

You can find a detailed packing list in the Antarctica Travellers Guide, provided to you on confirmation of your Antarctica expedition.

## IMPORTANT INFORMATION:

- *Inner Jackets, Expedition Parkas, and Muck Boots are not available in larger sizes. Please contact your booking agent at the time of booking for more information.*
- *Parents/Legal guardians may need to bring a waterproof outer shell jacket and Muck Boots for minors, depending on their size requirements. Additionally, a lifejacket that meets our safety standards is mandatory for all minors aged 15 years and under. Your booking agent can provide guidance on approved lifejackets.*

*Specifications for provided expedition gear are subject to change. This information serves as a general guide only.*



## EXPEDITION PARKA (ON LOAN)\*

Your Expedition Parka is lightweight, waterproof, and wind resistant. It hugs the body, is both warm and breathable, and features an extra-high collar and extra-long bottom in the back, to keep the chill and sea mist from ever

sneaking up or down your spine. We added plenty of sturdy loops to secure items and waterproof inside pockets to keep your personal items dry and safe at all times. It's a jacket that can go toe-to-toe with Antarctica's challenging environment, keeping you warm, dry, safe, and incident free.

## MUCK BOOTS (ON LOAN)\*

We will provide black, rubber Muck Boots for the entire duration of your voyage.

They are specifically engineered to deliver grip and performance on snow and ice while keeping your feet warm and dry.



## INSULATED INNER JACKET (YOURS TO KEEP)\*

Your insulated puffer jacket will keep you warm even on the wildest days of your expedition. With a Durable Water Repellent (DWR) finish, which encourages water to bead off the fabric's surface, the jacket was produced using sustainable chemistry with minimal impact on people and the environment. A great memento to take home at the end of your voyage to remember your incredible Antarctic adventure.



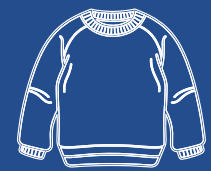


# ANTARCTICA PACKING LIST FOR ALL TRAVELLERS



## BASICS

- Underwear
- Socks
- Pyjamas
- Gym clothing



## TO WEAR ON BOARD

- T-shirts
- Long sleeve t-shirts
- Sweaters
- Hoodie
- Nice shirt/top for smart casual dinners
- Swimsuit
- Ears
- Jacket
- Silk or merino glove liners
- Hat
- Scarf or snood

Please note: closed toe shoes must be worn at all times on board



## TO WEAR ON LANDINGS

- Thick hiking or ski socks
- Base layers/leggings/thermals
- Insulating layers/polar fleece/puffy vest
- Walking & hiking trousers
- Waterproof ski pants
- Waterproof light outer trousers
- Waterproof ski gloves
- Beanie/fleece headband
- Buff/neckwarmer/snood



## ACCESSORIES

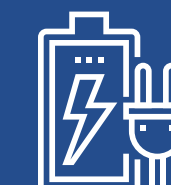
- Waterproof rucksack/dry bag
- Spare glasses/contacts
- Ski goggles/polarised sunglasses/prescription glasses & cord
- Walking/trekking poles
- Travel journal and pens
- Travel pillow
- Reusable water bottle



## TOILETRIES & MEDICATION

- Toothbrush, paste & floss
- Nail care kit and shaving essentials
- Plasters/Band-Aids
- Pocket tissues
- Deodorant
- Hairbrush & hairbands
- Eye drops
- Face and hand cream
- Lip balm with SPF
- Sunscreen - factor 50+
- Antiseptic/Antibiotic cream
- Motion/ seasickness medication
- Painkillers
- Earplugs (for a restful sleep)
- Imodium & rehydration salts
- Any prescription medication, in quantities larger than you require

**TIP:** bring enough for longer than you intend to be away from home so you are prepared in case of an emergency.



## TECHNOLOGY

- Laptop or iPad & charger
- External hard drive
- GoPro & charger & batteries
- Mini tripod - ultrapod/gorillapod
- Camera & waterproof housing
- Phone & charger
- Binoculars
- Headphones
- Travel and/or voltage adaptors
- Multi plug powerboard  
(refer to the Ship Booklet for electrical outlet information)



## OPTIONAL ITEMS

- Ziplock bags
- Travelling snacks
- Kindle & charger
- Tablet & charger
- Sleep eye mask
- Waterproof phone case
- Uggs/slippers
- Shampoo/conditioner
- Body moisturiser





# OPTIONAL ADVENTURE ACTIVITIES PACKING LIST

Participating in optional adventure activities during your Antarctic expedition offers an exciting opportunity to elevate your experience.

Please refer to the [ADVENTURE OPTIONS](#) section for more details on these activities.

To ensure you're well-prepared, we've outlined specific packing lists that complement the standard expedition gear, providing everything you need for a safe, comfortable, and enjoyable adventure.

Be sure to review the packing recommendations carefully to equip yourself for the conditions you'll encounter.

## ACTIVITIES PACKING LIST



### CAMPING

We provide:

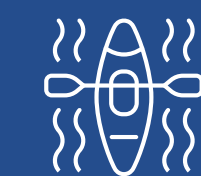
- Comfortable bivvy bag
- Insulating mat
- Warm sleeping bag

Come ashore in your normal, daily excursion wear – warm layers, waterproof pants and Expedition Parka, Muck boots, etc.

Additionally, we recommend bringing:

- Dry bag to keep your gear dry
- A second set of thermals (top and bottom)
- Additional warm pair of socks, gloves, mittens, and hat/balaclava
- Water bottle
- You may also want to have a flashlight on hand
- Medications\*

*\*It's important to be well-prepared, especially when it comes to your health and medication. Ensure that you bring enough of any essential medications to last at least 36 hours onshore.*



### DAY PADDLE

If you're participating in the Day Paddle program, we will provide the following:

- Dry suit
- Neoprene booties
- Waterproof gloves
- PFD (personal flotation device)

We recommend bringing the following:

- Thermal top and bottoms: One lightweight, one medium to heavy weight (wool is excellent)
- Fleece pants and jumper: Two pairs of pile or polar fleece for added warmth
- Gloves: Two pairs—one thin, one thick
- Socks: Two pairs of heavy thermal socks
- Headgear: Warm cap, beanie, or balaclava
- Hat: For sun protection
- Waterproof sunscreen and lip balm
- Sunglasses with side visors: Include a tie or string to prevent loss
- Water bottle: 1-liter capacity
- Waterproof binoculars (optional): Ideal for wildlife viewing from your kayak
- Dry bags or waterproof cases: To protect your camera/phone



# ANTARCTICA READING LIST

We have a Polar Library on board the ship to entertain you while you're on your Antarctic voyage.

We have put together a collection of our favourite books about Antarctica, which best provide context for those looking to learn more about this fascinating destination so you can begin reading before you depart.

From autobiographical accounts written by Antarctica's pioneering explorers, to detailed wildlife guides - this list of Antarctica books is sure to get you ready for an Antarctic cruise adventure.



## ALONE ON THE ICE by David Roberts

A fresh and thoroughly researched account of Douglas Mawson's epic journey of self-rescue across one of the most inhospitable regions known to man.

Roberts takes the reader alongside the men of the 1912 Australasian Antarctic Expedition, and the desperation of Mawson's sledge journey can be well imagined step by frigid step.



## SOUTH: THE ENDURANCE EXPEDITION by Ernest Shackleton

In 1914, the polar explorer Ernest Shackleton announced an ambitious plan to lead the first trek across Antarctica.

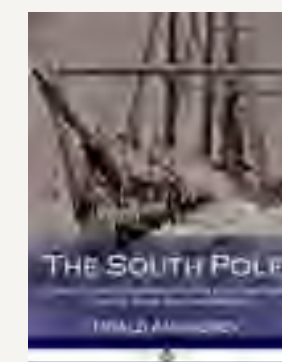
South is the remarkable tale of the ill-fated expedition, told in Shackleton's own words, breathtakingly illustrated; and with photography from the expedition.



## ANTARCTICA: A GUIDE TO THE WILDLIFE by Tony Soper

A Guide to the Wildlife is the most practical guide to the flora and fauna available for those 'going south'.

Celebrating the amazing and often unique species of this spectacular environment, the book features chapters on the region's famous whales and penguins, and also on lesser known species such as skuas and Sheath bills.

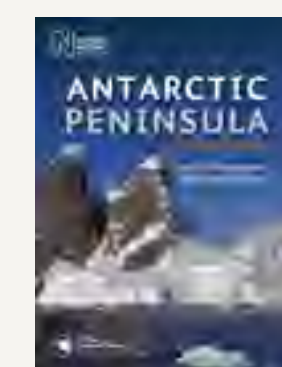


## THE SOUTH POLE by Roald Amundsen

We know very well the stories of the failed Antarctic expeditions: Scott's, Shackleton's.

But we do not hear so much about the Norwegian explorer Roald Amundsen, maybe because his was a successful journey.

Amundsen beat everyone to the South Pole and did so thanks to his professional and intellectual approach to exploration. This book is the account, in his direct, understated and simple manner, of one of the greatest tales of this age.



## ANTARCTIC PENINSULA: A VISITOR'S GUIDE by British Antarctic Survey

Written and illustrated by experts from the British Antarctic Survey (BAS), the essential companion for anyone visiting this special place.

Focusing on the geography and physical phenomena of this remote region, this book contains all the information visitors will need during their trip.

It describes and explains the geographical setting, climate and weather, geology, glaciology, and much more, and includes the location of research stations and historic sites.







# YOUR EXPEDITION



## WHAT'S INCLUDED

All meals are included whilst on board the ship. As are all main activities such as Zodiac cruises and shore excursions.

Adventure activities are available for an extra cost. Please contact your booking agent for more information on whether these are offered on your voyage and to check prices and availability.

Our additional paid adventure options are subject to availability, weather and sea conditions, itinerary and departure date, so please contact your booking agent for more detailed information. Spaces on all paid adventure options are limited.

Our pre-booked adventure activities are very popular, we recommend securing your space via your booking agent early to avoid disappointment. We also have a range of adventure options that can be booked on board, via our Expedition Team.

Alcoholic beverages, souvenirs, laundry services and any communication charges are not included and need to be purchased separately whilst onboard. For more information, please refer to the Ship Booklet.





# MONEY IN ANTARCTICA

There is no currency in Antarctica, however, the maritime currency of the world is USD and as such USD (US\$ or US dollars) is the currency on board.

For ease, we operate with a cashless society, all items purchased from the Polar Boutique, lounge or bar (including drinks) are charged to your ship onboard account and settled at the end of your expedition.

Any laundry, postage, communication charges, spa treatments and paid adventure options booked onboard (space permitting) are also charged to ship onboard account.

An account for payment will be presented to you on the final day of the voyage. Final payment can be made using cash or card (Visa or MasterCard). Personal cheques are not accepted on board. If you are sharing a cabin and would like separate accounts, you must advise the reception on embarkation.

**Important:** Please ensure you activate your credit card for overseas purchases as most credit cards are secured with an automatic, geographic control. To avoid transactions being declined by your bank due to this geographic control, please ensure your credit card is activated for purchases in Austria, where the OceanNova is registered, as well as Argentina before you leave home.

## SPENDING IN ANTARCTICA

It is wise to travel with sufficient cash to pay for incidentals such as shipboard items on the last day of the voyage, airport taxes and taxi transfers (if required).

In Antarctica, there are limited opportunities to spend money other than on the ship. If you are visiting the Falkland Islands, it is advisable to have Pounds Sterling (GBP) or USD available to spend while in Stanley, Falkland Islands. Argentinean Pesos are not accepted. Please note there are no ATM's in the Falkland Islands.

If your voyage visits the Antarctic Peninsula, you may visit Port Lockroy which is a small museum and has a souvenir shop for purchases, as does the museum in Grytviken in South Georgia.

## GRATUITIES

We like to think that we have some of the best Expedition Team and Crew in the world working with us, and while they are all paid a competitive wage, they spend a great deal of time at sea; away from their families; making sure that this trip is a once-in-a-lifetime experience for you.

Gratuities are entirely up to you, and how much you give is a personal decision. Full details will be provided in your final travel documents, and any gratuities can be settled through your onboard account. Your generosity will be greatly appreciated and shared equally among our entire hospitality team and Expedition staff, from cabin stewards to bar staff.







# LIFE AT SEA

Lectures and workshops presented by your Expedition Team are conducted during the voyage and you can spend time on deck looking for seabirds and whales. Once we arrive at the Antarctic Peninsula, get ready for multiple landings, Zodiac cruises and activities.

Expect great meals from your onboard Chefs, inspiring lectures, incredible wildlife viewing and the forging of new friendships. Your highly trained Expedition Team ensures things run smoothly. Here are some tips on how to optimise your time onboard. For more information about life at sea please refer to the Ship Booklet.

## SCHEDULE CHANGES

The daily program is posted on the TVs throughout the ship.

Sometimes, new opportunities present themselves so expect the unexpected and put your trust in the highly skilled Expedition Team to make your journey memorable.

## SAFETY ON BOARD & ASHORE

Safety is the utmost priority for our Expedition Team and crew.

Being aware of how to safely move through the ship, act ashore and handle both wet and dry landings will help ensure you have a stress-free expedition. Please take time to read the instructions in this important safety section.

## SAFETY WHILST ON-DECK

Outer decks can be slippery so please take care. As a rule of thumb, always have one hand free to hold onto the ship. Use the handrails and wear proper closed-toe, non-slip footwear. Slip-on sandals, slippers or flip-flops/sandals are neither safe nor suitable for wearing on board.

## STAIRS & DOORS

High steps in many doorways lead to the outer decks, please watch your step and proceed with caution. Do not place your hands around the edges of doors when passing through doorways or walking in your cabin.

Be aware that if doors are not closed properly, they present a danger and can open or close forcefully and unexpectedly as the ship moves across the sea.





## SAFETY BRIEFINGS & LIFEBOAT DRILL

By International Maritime Law, it is mandatory to participate in an emergency drill. Upon embarkation, a safety briefing to outline appropriate behaviour on board will take place, including emergency procedures. A drill will be conducted to familiarise you with the location of lifeboats, life vests, and emergency evacuation routes. This compulsory drill will be scheduled as soon as possible by the Chief Officer. Full details will be provided by the onboard team following embarkation.

**Please note:** Safety briefings, drills and emergency evacuation announcements are conducted in English (only). It is a requirement that all guests understand basic English for their own safety.

## LIFE VESTS

A life vest is provided for every guest on board. The Expedition Team will advise where these are stowed during the safety briefing and emergency lifeboat drills following embarkation. Life vests are to be used in case of a ship emergency, as well as during emergency lifeboat drills.

## CONDUCT ASHORE

- For safety reasons, never walk alone while ashore.
- Always travel with someone else, or as part of a group.
- If weather conditions deteriorate the Captain will sound the return to ship signal, using the ship's horn.
- If you hear this, immediately return to the landing area or follow instructions from the Expedition Team.
- Never leave litter.
- Be punctual, as on time boarding and efficient landings mean we'll have more time to explore at future landings.

## ZODIACS

- Most sites are only accessible by Zodiac landing crafts. Zodiacs are large, stable, heavy-duty vessels that are extremely safe and designed for expedition work. They are used to transfer you to shore landings and for Zodiac cruises among icebergs and maybe alongside whales. Generally, between 10 and 12 guests are carried on each Zodiac.
- Once on board the ship, Expedition Guides and crew will conduct a passenger briefing about the Zodiacs, including information on the best and safest way to board and exit a Zodiac and the difference between wet and dry landings.
- You may only board a Zodiac if you are properly dressed, including waterproof trousers and warm headgear.
- Waterproof muck boots must be worn.
- Always wear a life jacket over your Expedition Parka.
- Your personal belongings should be carried in a backpack so that your hands are free to hold on and accept assistance when embarking or disembarking the Zodiac.
- You should pack valuables and electronic equipment such as cameras and binoculars in waterproof bags or dry sacks within your backpack.
- Never attach anything to the grab lines.
- Smoking or vaping is not permitted on Zodiacs or on shore.
- While the Zodiac is in motion, you must remain seated with your feet on the deck.  
Never attempt to stand unless the Zodiac driver has given permission to do so. On arrival at a landing site or alongside the ship gangway, remain seated until instructed to disembark.
- Never jump into the Zodiac, but accept the hands of the sailors or Expedition Guides and step in quickly and carefully and accept all the assistance offered by the crew.
- Keep your body, arms and hands inside the Zodiac to avoid injuries.
- Please be considerate of others and make way for them to take photographs once you have taken yours.
- Boots and clothing must be cleaned before and after each landing to uphold strict IAATO biosecurity guidelines and to avoid contamination of landing sites.





# A TYPICAL DAY ON BOARD

There is really no such thing as a typical day in Antarctica. Landing locations throughout the voyage vary with each excursion. This is variable and depends on weather and ice conditions, the season and sometimes surprise wildlife sightings!

We like to offer you 'Antarctica uncompromised' meaning if we see a way to maximise your experience whilst on board, we are going to take it! Some days are full sailing days whereas other days will involve one or more different landing opportunities and/or Zodiac cruises.

## 06.00 – 07.00 am Wake up call

The day begins with an early morning wake up call, generally between 6.00 and 7.00 am and is usually made by the Expedition Leader across the PA System. Typically this announcement includes information like the ship's current location, planned destination and importantly, the weather conditions outside. If you are an early riser you can make your way to the Lounge, for an early cup of tea or coffee and head out onto the deck, depending on the time of year, look out for a beautiful Antarctic sunrise.



## 07.00 – 08.00 am Breakfast

A delicious breakfast is served in the Restaurant. You'll have some time to enjoy your fellow travellers company before the Expedition Leader informs you of the activities for the day, announcing the locations we are planning to visit, as well as timings for our shore visits.



## 8.00 - 11.30 am Morning excursion

When the excursion is ready to commence, head to the Mudroom to add the final outer layers of your clothing, Muck boots and your life jacket, before heading to the Zodiacs embarkation area. Once each Zodiac is loaded, it sets off towards the designated excursion site.

You may spend the morning cruising amongst icebergs or alongside towering cliffs littered with birdlife. This could include a landing to walk to a viewpoint or explore an area on foot, or maybe the Zodiac will pull up so you can admire and photograph penguins and other wildlife on an iceberg.

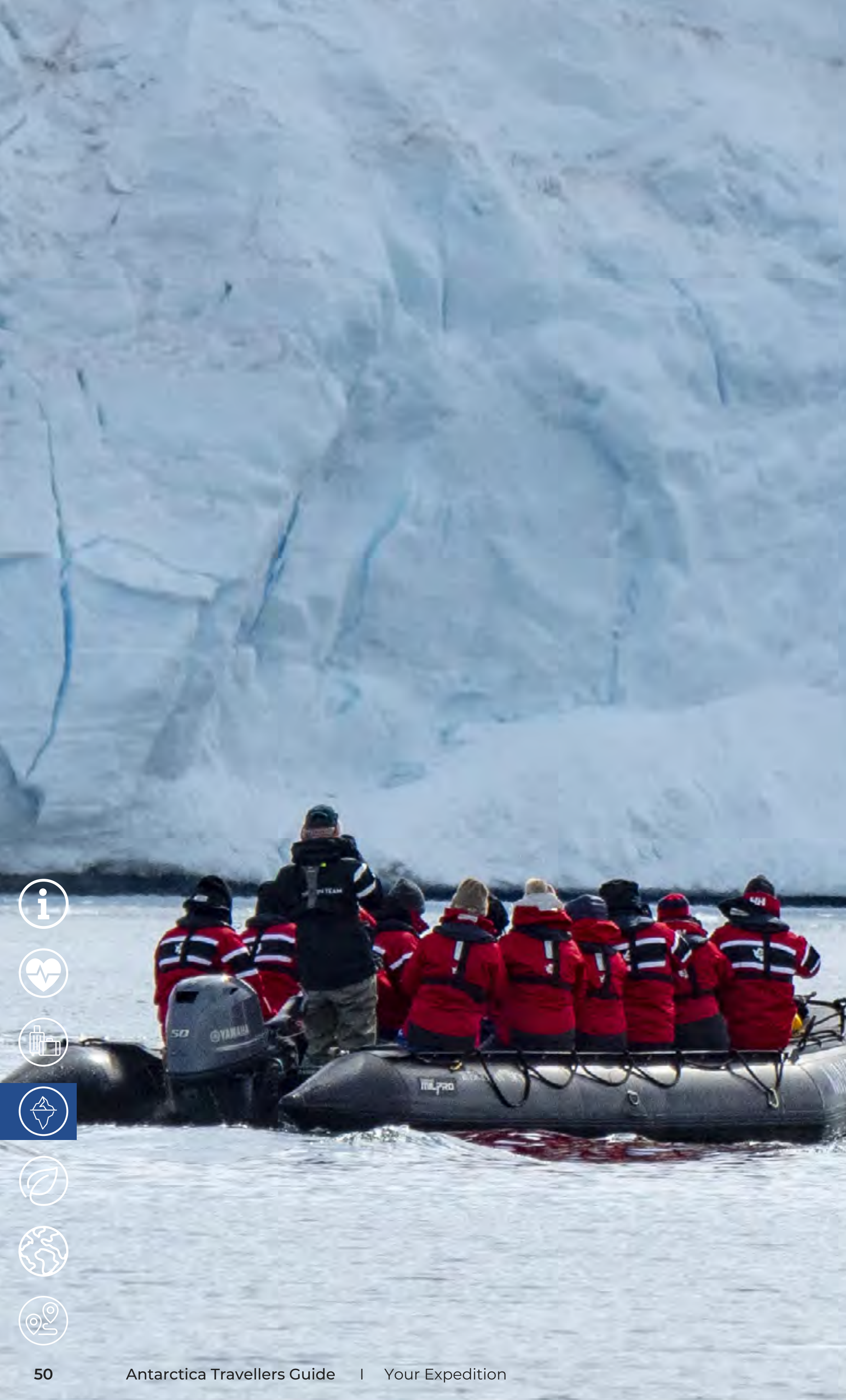
## 11:30 am - 14.30 pm Lunch

Leave most of your outer layers in the Mudroom in your personal locker before returning to your cabin. Feel free to change into something more comfortable and then enjoy lunch served in the restaurant.

After lunch there is generally time to relax before heading out for your afternoon excursion, so be sure to head out onto the outer decks to take in the spectacular scenery and maximise any wildlife opportunities.







**14.30 - 17.30 pm**  
**Afternoon excursion**

You return to your room to layer up once more and prepare for the afternoon excursion. At the end of the excursion you are returned to the ship by Zodiac.

**17:30 - 19.00 pm**  
**Enjoy the amenities of the ship**

If there are no more excursions for the day, there may be the option to attend a presentation on an aspect of Antarctica - maybe the history of polar exploration or Antarctic wildlife.

Alternatively, you can take the time to read a book, sit out on deck taking in the scenery and looking out for wildlife or maybe sorting through your photos or head to the gym pre dinner.

Later you may head to the bar for our cocktail hour, this is always a popular time to reminisce with friends about the highlights of the day.

**19.00 - 20.30 pm**  
**Dinner & Daily Recap**

Dinner is served around 7.00 pm.

As you dine, the Captain sets a course for the location of our next excursion.

Usually, the Expedition Leader gives a brief recap of the day's events and an insight into what you can look forward to experiencing tomorrow.

After dinner, there may be a movie shown in the Panorama Lounge, or you might prefer to head to the bar to have a final nightcap before watching the day come to a close.



# PERSONALISE YOUR ADVENTURE

A small ship expedition to Antarctica is unlike any other, and will take you to places you never thought possible. Zodiac cruising and on-shore excursions are included with every departure, and adventure activity groups are led by professional guides with a designated support Zodiac. Each off-ship excursion is accompanied by our experienced Expedition Guides, meaning you have the expert knowledge and assurance of the team to guide you.

Explore Antarctica in ways that bring you closer to its majestic landscapes and wildlife. Whether it's witnessing towering glaciers up close or spotting breaching humpback whales, each moment of the journey offers something extraordinary. Please check your detailed itinerary for the optional activities offered during your voyage.

Spaces are limited. We recommend booking early to avoid disappointment.

Please contact your booking agent for more information and to secure your space.





# ADVENTURE OPTIONS

## Included

Our Antarctic expeditions are designed to put you in the action as much as possible.

To maximise your time, we offer a range of included activities as part of your voyage, providing many options to engage, relax, learn and stay connected to the polar environment even when you are on board the ship.

*All Adventure Options are weather-permitting. Activity offerings vary by departure.*



### ZODIAC CRUISING

Discover a vast world of opportunities as we take you on a Zodiac cruise, safely guiding you into Antarctica's most stunning inlets and shorelines.



### SHORE EXCURSIONS

Guided by our expert Expedition Team, shore excursions offer a unique opportunity to explore stunning landscapes and wildlife.



### CITIZEN SCIENCE

Our Citizen Science Program is seamlessly integrated into all aspects of your expedition, ensuring you leave Antarctica with a profound understanding and appreciation of this polar wilderness.



### DAILY LECTURES

Your inspiring Expedition Team consists of a talented bunch of historians, biologists, geologists, and conservationists. Enjoy daily lectures on fascinating Antarctic subjects, leaving you as passionate about this wilderness as they are.



### BRIEFINGS & RECAPS

The daily recap will soon become a familiar and enjoyable aspect of your Antarctic adventure. Enjoy a drink from the bar and settle in with your fellow travellers as the Expedition Team summarises the day's events and provides weather and schedule expectations for the next.



### POLAR PLUNGE

The ultimate adrenaline rush. Once per expedition (conditions permitting), you can plunge yourself safely into the icy waters of Antarctica. Ensure you have a non-plunging friend with a camera ready to capture this uniquely exhilarating event.





# ADVENTURE OPTIONS

## Optional

### DAY PADDLE

For a closer connection to Antarctica's wild beauty, our Day Paddle excursion offers the perfect adventure.

This one-time, expertly guided experience lets you glide through Antarctica's pristine waters on a sit-on-top kayak, providing a unique view from the water's surface—just like the wildlife around you.

No prior paddling experience is needed, but you must be a confident swimmer, fit enough to get in and out of the kayak from a Zodiac, and able to paddle comfortably. As always, conditions will determine the availability of this unforgettable excursion.

*Limited spaces can be pre-booked via your booking agent, please contact them for pricing and availability. Additional spaces may be offered onboard.*

*All Adventure Options are weather permitting. Activity offerings vary by departure.*





# ADVENTURE OPTIONS

## Optional

### CAMPING

When visiting Antarctica, certain experiences can take your adventure to the next level. Stepping off a Zodiac to go camping on the Antarctic Peninsula is undoubtedly one of them. Fall asleep amid the snow-capped mountains as you watch the colours of the Antarctic twilight bounce off the ocean and surrounding glaciers. The only locals you may share your home with for the night are the gentoo, Adelie, and chinstrap penguins, which keep a low profile and nest nearby. This is an experience like no other, allowing you to completely connect with the landscape and feel its power into the early hours.

*Limited spaces are available on selected departures. Pre-book via your booking agent, please contact them for pricing and availability.*

*All Adventure Options are weather permitting. Activity offerings vary by departure.*





# ADVENTURE OPTIONS

## Optional

### SNOWSHOEING

Immerse yourself in the awe-inspiring beauty of towering mountain ranges, magnificent glaciers, and dramatic soaring cliffs—an unforgettable connection to one of the most breathtaking landscapes on Earth! Snowshoeing provides a unique opportunity to explore Antarctica's untouched wilderness on foot. Snowshoeing allows you to explore further afield from the landing sites and reach the less-visited places that few other visitors see. So, strap on your snowshoes and prepare for the ultimate Antarctic activity.

*Limited spaces are available on selected departures. Book on board via the Expedition Team. Please contact your booking agent for pricing and availability.*

*All Adventure Options are weather permitting. Activity offerings vary by departure.*





# SUSTAINABILITY

## OUR COMMITMENT TO RESPONSIBLE TRAVEL

Our deep appreciation for Antarctica's breathtaking landscapes and vibrant biodiversity inspires our unwavering commitment to its preservation. We believe that with great travel comes great responsibility, and we strive to minimise our impact while offering unique and authentic experiences.

Adhering to stringent environmental protection guidelines established by the International Maritime Organisation (IMO) and the International Association of Antarctic Tour Operators (IAATO), we go beyond compliance to make Antarctic exploration more responsible.

We aim to conserve this extraordinary ecosystem through various sustainability measures and support essential research initiatives that deepen our understanding of this unique polar environment. Together, we embark on a journey that honours the beauty of Antarctica while safeguarding its future for generations to come.

We are an IAATO Operator and operate under and comply with the IAATO (International Association of Antarctic Tour Operators) guidelines in promoting and practising safe and environmentally responsible travel to the Antarctic. IAATO, in cooperation with other Antarctic ship operators, has established extensive procedures and guidelines that ensure appropriate, secure, and environmentally sound travel to the Antarctic.



*Antarctic expeditions on the Ocean Nova are operated by Polar Latitudes.*







## INITIATIVES TO MINIMISE OUR ENVIRONMENTAL IMPACT

### Responsible expeditions are at the core of every voyage.

The Ocean Nova's efficient design and low fuel consumption minimise our carbon footprint while we explore Antarctica's pristine environment. We have implemented several measures to minimise our footprint:

- Our expedition gear is sourced from eco-conscious suppliers, with reusable, Velcro-free parkas to prevent the spread of invasive species.
- We promote sustainable practices by encouraging the use of aluminium water bottles, offering them for purchase on board and providing water-refilling stations throughout the ship.
- Ocean Nova has a state-of-the-art heat and water recycling system that maximises efficiency.
- All waste is responsibly removed from Antarctica and disposed of in Ushuaia, leaving no trace behind.
- Our onboard cleaning supplies are eco-friendly and free from harsh chemicals, ensuring a safe and clean environment for guests.
- The ship's advanced ballast water treatment plant prevents the introduction of invasive species.

### Engagement in Citizen Science Initiatives

Aboard the Ocean Nova, our Citizen Science Program invites travellers to actively participate in scientific research by observing and documenting the natural wonders of Antarctica. By harnessing the collective efforts of our guests, we gather vital data in remote areas, deepening our understanding of unique ecosystems and their response to climate change.

Join us in exciting projects like NASA's Globe Observer, Happy Whale, and the South Georgia Big Seaweed Search, and make a meaningful contribution to ongoing scientific exploration.

### Advancing Scientific Knowledge

We are dedicated to advancing scientific understanding of Antarctica. We support non-profit and academic organisations by providing complimentary berths and onboard spaces for vital research initiatives.

Through collaboration with various institutions, we engage in programs focused on science, conservation, and education, ensuring that our expeditions contribute to preserving and understanding this remarkable environment.







# CITIZEN SCIENCE PROGRAM

Citizen Science is a way to harness the power of thousands of travellers around the world. This is particularly useful in remote and isolated destinations like Antarctica, where it is challenging to support long-term academic observation teams.

Scientific research in the Antarctic is often a costly, time-consuming and difficult task. Citizen Science Programs like ours aboard the Ocean Nova can help in the collection of invaluable data that can help us to better understand Antarctica and the issues it faces.

During every Antarctic voyage, you have the chance to observe, record and report on natural phenomena as part of a collaboration project with Antarctic scientists.

We will lead guest-focused initiatives to maximise our contribution to scientific research. The data collected will directly contribute to a better understanding of climate change and how it is affecting the polar regions.



## Our Citizen Science Projects

Antarctica and the Southern Ocean play critical roles in the regulation of the Earth's climate system and in many ways are the "canary in the coal mine" of climate change.

In the coming years, politicians and regulatory bodies will decide the fate of Antarctica and our scientists need all the information they can get to help inform this future policy. This is where Citizen Science comes in. Through partnerships with NASA, Oxford University, Happy Whale and others, our onboard Citizen Science Program allows you to contribute to the future of Antarctica, to collect data that can contribute to real scientific studies of the frozen continent and its inhabitants.

A selection of projects our Citizen Science Program is supporting:

### NASA'S GLOBE OBSERVER



Clouds affect how much sunlight the Earth absorbs and how much heat escapes back into space.

By observing and recording cloud cover timed to NASA satellite flyovers, we can help to understand how surface and air temperature are affected by cloud covers.

[More information](#)

### HAPPY WHALE



During your voyage, we encourage you to take photos of whales' flukes, including any identifiable marks and to upload them online. Happy Whale then uses AI (artificial intelligence) and machine learning to analyse and identify the individual whale and then tracks their movement across the oceans.

[More information](#)

### SEABIRD SURVEY

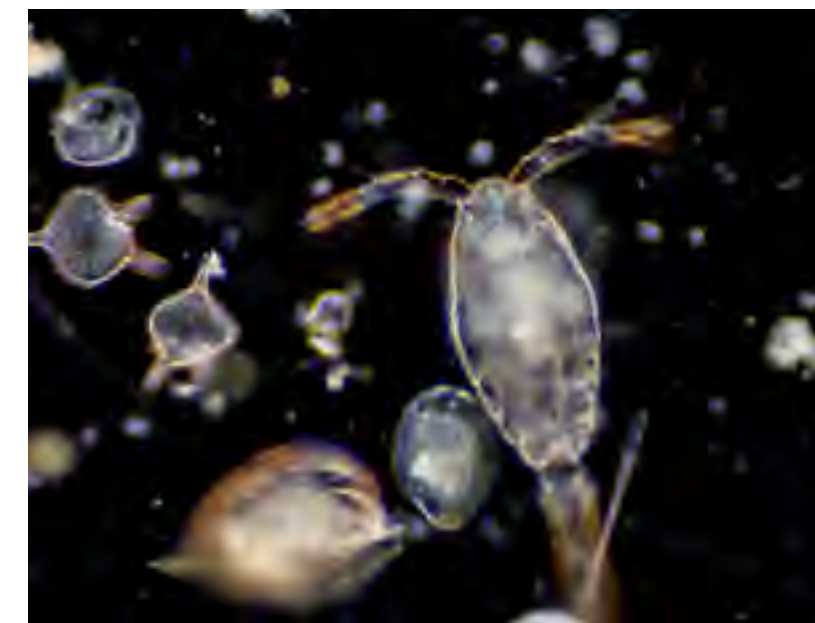


By conducting bird surveys while at sea or on shore, we can help scientists begin to understand mesoscale seabird distribution patterns and habitat usage in the Southern Ocean.

You will be working in small groups with an Ornithologist, out on the decks identifying various sea birds.

[More information](#)

### FJORDPHYTO - PHYTOPLANKTON SAMPLING



Phytoplankton are the sea's most important inhabitants which underpin the entire marine food chain and account for 50% of all the photosynthesis on earth. During your voyage, you will collect phytoplankton samples, which will help researchers to obtain a seasonal picture of phytoplankton abundance and distribution throughout their growing season.

[More information](#)

### SECCHI DISK - STUDY OF MARINE PHYTOPLANKTON



This project supports the Secchi Disk Foundation and is named after the white disk that measures the clarity of the seawater. A Secchi Disk will be used to record the Secchi Depth and will be lowered vertically into the seawater from the Zodiac.

This study offers you a unique insight into the marine food chain.

[More information](#)







# DESTINATIONS



ANTARCTIC  
PENINSULA

## Antarctic Peninsula

### Realm of Penguins & Icebergs

The Antarctic Peninsula is one of the most beautiful places on Earth. The frozen landscape is formidable with towering rock faces, snow-capped peaks, mountains, glaciers and immense, imposing icebergs, many beautifully sculpted.

It also holds an intriguing array of fascinating Antarctic wildlife - from penguins and seals to whales and seabirds.

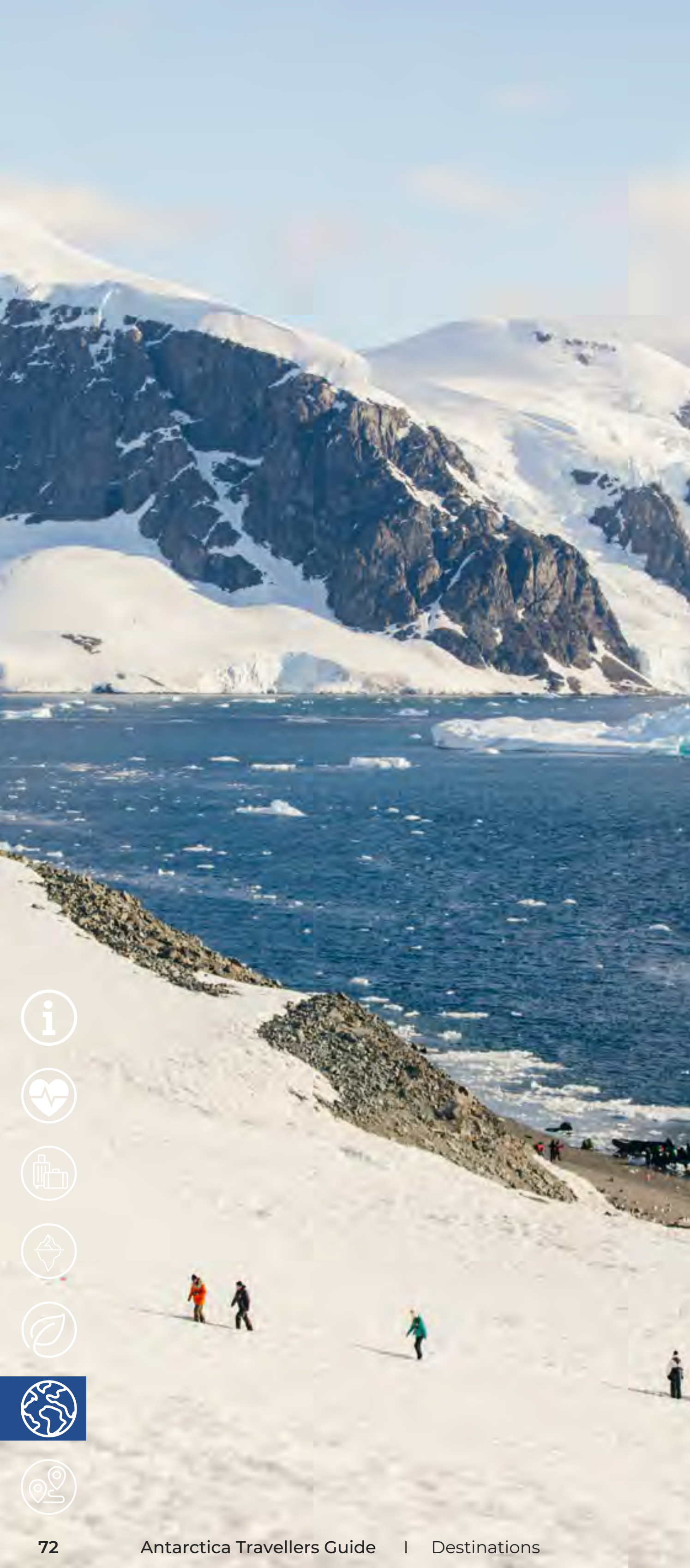
### ANTARCTIC CIRCLE EXPEDITIONS

The Antarctic Circle is the most southerly point reached by Antarctic voyages.

For those guests travelling on a Antarctic Circle voyage we set sail bound for a latitude of 66° 33' south, allowing you to follow in the wake of Captain James Cook, one of the first explorers to cross the Antarctic Polar Circle.







## CLIMATE & WEATHER

The Antarctic Peninsula is the most northerly part of Antarctica and has the mildest climates within the continent. The warmest month is January and the coldest June. On the west coast the temperatures exceed 0°C for three to four months during the summer (December to March) and rarely fall below -10°C during the winter.

The east coast of the Antarctic Peninsula is much colder with mean temperatures exceeding 0°C for a month at most and winter temperatures ranging from -5°C to -25°C. The interior of Antarctica has an average annual precipitation of only 50 millimetres, whereas along the coast, precipitation rates are much higher, averaging 200 millimetres a year. The continent's interior is extremely cold with little snowfall.

Coastal areas experience milder temperatures with summer temperatures generally reaching a maximum of between 5°C and 15°C, with long periods of constant sunlight. In winter, mean temperatures are usually between -10°C and -30°C near the coast, falling to below -60°C on the high interior plateau, with long periods of constant darkness.

As with the entire Antarctic continent, the Antarctic Circle is only accessible during the southern hemisphere's summer, generally between December and March when the sea ice melts enough to enable access to this southerly point.

## GEOGRAPHY

The northernmost part of mainland Antarctica is known as the Antarctic Peninsula, extending 1,300 kilometres between Cape Adams (Weddell Sea) and a mainland point south of the Eklund Islands. Beneath the ice sheet, the peninsula consists of a string of mountainous bedrock islands.

Separated by deep channels that plunge considerably below current sea level, these islands are joined together by a grounded ice sheet.

The Antarctic Circle is the most southerly of the Earth's major circles of latitude at approximately 66° 33' south. The position of the Antarctic Circle is not fixed as it fluctuates with the tilt of the Earth's axis. The Antarctic Circle is over 17,500 kilometres in length with the area south of the Polar Circle covering 20,000,000 square kilometres and accounting for around four percent of the Earth's surface.

The Antarctic continent covers most of the area within the Antarctic Circle, the Antarctic region extending from the South Pole to the Antarctic Circle. The zone immediately to the north is known as the Southern Temperate Zone.

South of the Antarctic Circle, the sun remains continuously above the horizon for 24 hours at least once per year and below the horizon for 24 continuous hours at least once per year.

This means that for at least one day a year the sun is visible at midnight and for at least one day a year it is not visible at noon. Therefore, the Antarctic is known as the "Land of the Midnight Sun".



## WILDLIFE

### PENGUINS

Penguins are the most common birds in the Antarctic, often found living in huge colonies. There are five species of penguin that live on the Antarctic continent - Adélie, Emperor, Gentoo, Chinstrap and Macaroni penguins, with only Emperor and Adélie penguins making the Antarctic continent their true home, breeding on the shores of the continent and nearby islands.

Others such as Chinstrap, Gentoo and Macaroni penguins breed on the northern tip of the Antarctic Peninsula. Chinstrap penguins breed on islands around Antarctica whilst Gentoo penguins are found on islands ranging from the Antarctic to the sub-Antarctic.

### OTHER BIRDS

The range of birds found in the Antarctic and flying over Antarctic waters is extensive and every spring, over 100 million birds breed around the Antarctic coastline and offshore islands.

These include albatrosses, petrels, skuas, gulls and terns. There are many species of albatross to be found soaring above the Antarctic waters including the Grey-headed, Black-browed, Light-mantled Sooty and of course the Wandering albatross, the largest of the seabirds with a wing span that can extend over three metres.

The Snow petrels are one of the most beautiful of the Antarctic birds.

### WHALES

Orcas or killer whales are toothed whales that are common in Antarctic waters. Minke whales are the most adapted of the Antarctic baleen whales to ice.

Blue and Minke whales venture further into the sea ice than other whales such as Humpback and Sei and have been spotted as far south as 78°S in the Ross Sea.

### SEALS

The other group of marine mammals found in the Antarctic are the sea lions and seals that leave the water to breed, rest and moult.

Six different species of seal live in Antarctic waters - Ross, Weddell, Crabeater, Leopard, Fur and Elephant seals. The first four are ice specialists that breed on the sea ice in spring.

Ross and Leopard seals tend to be solitary whereas Crabeater and Weddell seals breed in colonies. Elephant seals and Antarctic fur seals are found north of the pack ice, breeding on beaches in dense colonies.

Weddell seals live further south than any other mammal and were named after the British Antarctic explorer, James Weddell.





## HISTORY

- 40 million years ago Antarctica made its final detachment from the Australian continent to settle into its polar position.
- In the 15th and 16th centuries, the rounding of the Cape of Good Hope and Cape Horn proved that “Terra Australis Incognita” (Unknown Southern Land), was a distinct continent if it existed.
- Captain James Cook and his crew were the first to cross the Antarctic Circle and circumnavigate the Antarctic continent in 1773.
- Cook crossed the Antarctic Circle for the third time in 1774 reaching 71° 10' south on January 30, the furthest south attained in the 18th century.
- The first confirmed sighting of the Antarctic Peninsula is thought to have been by Fabian Gottlieb von Bellingshausen on 27 January 1820 during an expedition of the Russian Imperial Navy.
- On 30 January 1820, Edward Bransfield and William Smith were the first to officially chart part of the Antarctic Peninsula. The extreme northeast portion they found was later named Trinity Peninsula.
- John Biscoe is credited with the next confirmed sighting; this northern part of the Antarctic Peninsula was named Graham Land.
- Fabian Gottlieb von Bellingshausen’s Russian expedition discovered Peter I Island and Alexander I Island - the first islands to be discovered south of the Antarctic Circle.
- The first undisputed landing on Antarctica was in 1895 at Cape Adair.
- The Belgian Antarctic Expedition led by Gerlache was the first expedition to overwinter within the Antarctic Circle in 1898.
- Sir Douglas Mawson led the first party to reach the South Magnetic Pole during Sir Ernest Shackleton’s 1907 to 1909 Nimrod Expedition.
- Norwegian Roald Amundsen was the first to reach the South Pole on 14 December 1911, following a dramatic race with Englishman Robert Falcon Scott.
- Between 1929 and 1931 Sir Douglas Mawson led an expedition to explore and map the coastline of what became the Australian Antarctic Territory in 1936.
- The first successful overland crossing of Antarctica via the South Pole took place in 1958 led by Vivian Fuchs with Sir Edmund Hillary leading the back-up party.
- 1959 saw the signing of the Antarctic Treaty by 12 countries.





# SOUTH GEORGIA

## The 'Galapagos of the South'

South Georgia is a remote yet magical island, exquisite in its beauty and virtually unspoilt by man.

It is adorned with emerald green bays, blue glacier ice and formidable snow-covered peaks. Here you will be exposed to the world's greatest wildlife areas - the "Galapagos of the South".

Home to millions of breeding birds, thousands of seals and the largest colony of King penguins on this planet - the island teems with life. If the spectacular wildlife is not enough of a drawcard, South Georgia is a part of the Antarctic that is steeped in history.

The island was an intrinsic part of Sir Ernest Shackleton's 1914 to 1917 Trans-Antarctica Expedition in the Endurance, one of the most incredible adventure stories and most heroic survival stories of all times.

With the greatest concentration of wildlife on the planet, captivating history and ruggedly beautiful terrain, the sub-Antarctic island of South Georgia is one of the jewels in the Southern Ocean's crown.







## CLIMATE & WEATHER

The weather in South Georgia can vary as the island experiences a cold Oceanic polar climate. Sun can quickly be followed by violent storms with rain and snow possible at any time of the year.

The average maximum summer temperature at sea level is around 7.5°C dropping to 0°C in winter but average temperatures vary widely depending on the exact location in the region. Winter minimum temperatures are typically between -5°C and -10°C.

South Georgia receives an annual precipitation of 1,500 millimetres mainly falling as snow or sleet, possible during any month.

Westerly winds blow intermittently throughout the year, giving the sheltered eastern side of the island a more pleasant climate. The highest recorded temperature was 28.8°C, at Grytviken on the eastern side, whereas Bird Island on the western side has only recorded a maximum of 14.5°C.

The eastern side is subjected to colder winter temperatures, with Grytviken recording -19.4°C. The seas surrounding South Georgia are cold year-round due to the proximity of the Antarctic Current.

Although the waters usually remain free of pack ice in winter, thin ice may form in sheltered bays and icebergs are common. Sea temperatures rise to around 4°C in early April, dropping to 0°C in late August.

Early in the season, Elephant and Fur seals establish their breeding territories and the spring wildflowers are blooming.

From late October to November Elephant seals are actively courting. South Georgia's king penguins lay their eggs in November and king penguin chicks from the previous season can be seen in the rookeries.

Seal pups are present on the beaches in December and January and from mid-December to January the first penguin chicks emerge and fur seals breed. By February the young fur seals are quite playful and penguin colonies are active. The main season runs from mid-October to end-February, when the average temperature at sea level is around 7.5°C.

## GEOGRAPHY

South Georgia is a collection of islands in the South Atlantic Ocean, situated nearly 1,400 kilometres southeast of the Falkland Islands. The group is made up of the main South Georgia Island and surrounding islands including Bird Island, Welcome Islands and Cooper Island.

The main island of South Georgia is approximately 170 kilometres long and between two and 40 kilometres wide, occupying an area of 3,755 square kilometres, more than half of which is permanently covered with ice.

The island is mountainous with 11 peaks rising above 2,000 metres. The highest point on the island is Mt. Paget that rises to a height of 2,934 metres. The largest glacier is Fortuna Glacier.

South Georgia's terrain is rugged and mountainous, rising steeply from the sea. The island is largely barren with glacier-covered mountains and fjords and bays along the coast.







## WILDLIFE

South Georgia has the greatest concentration of wildlife on the planet. It lies in a vast marine ecosystem, with penguins, seals and other wildlife fishing across areas that cover thousands of kilometres before returning to the region. More than 30 million birds nest and rear their chicks in South Georgia.

### PENGUINS

There are four breeding species of penguins on South Georgia - the Macaroni, King, Gentoo and Chinstrap penguins. The island is home to around half the world's population of Macaroni penguins. King penguins number in the hundreds of thousands.

### OTHER BIRDS

Over 80 species of birds have been recorded in South Georgia, with over 30 species breeding on the island, the majority being seabirds. The South Georgia pipit is the only endemic bird on the island.

Among the breeding birds are Wandering, Grey-headed, Black-browed and Light-mantled Sooty albatrosses; Antarctic and Fairy prions; Blue, Cape, Northern giant, White-chinned, Snow and Wilson storm petrels; South Georgia shags, Yellow-billed sheathbills and Speckled teals.

South Georgia is one of the very few places where you can see the nesting sites of the Wandering albatross, a bird that boasts the largest wingspan of any bird in the world.

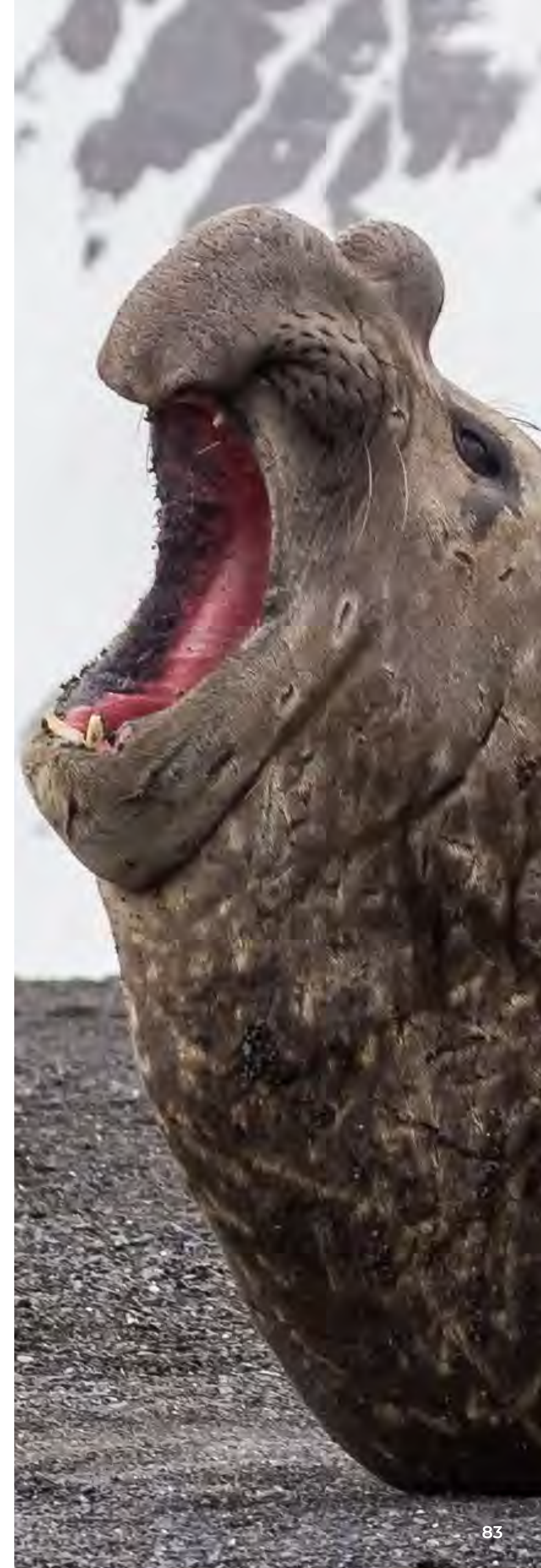
### WHALES & DOLPHINS

Amongst the whales found in the region are Blue, Southern right, Sei, Fin, Humpback, Killer and Southern Bottlenose. Hourglass dolphins frequent South Georgia's waters.

### SEALS

Antarctic fur, Elephant, Leopard and Weddell seals are found in South Georgia, with most of the world's population of Antarctic fur seals being found here.

The Southern Elephant seal and Antarctic fur seal breed in significant numbers on the island's beaches and Leopard seals can be seen all year round.



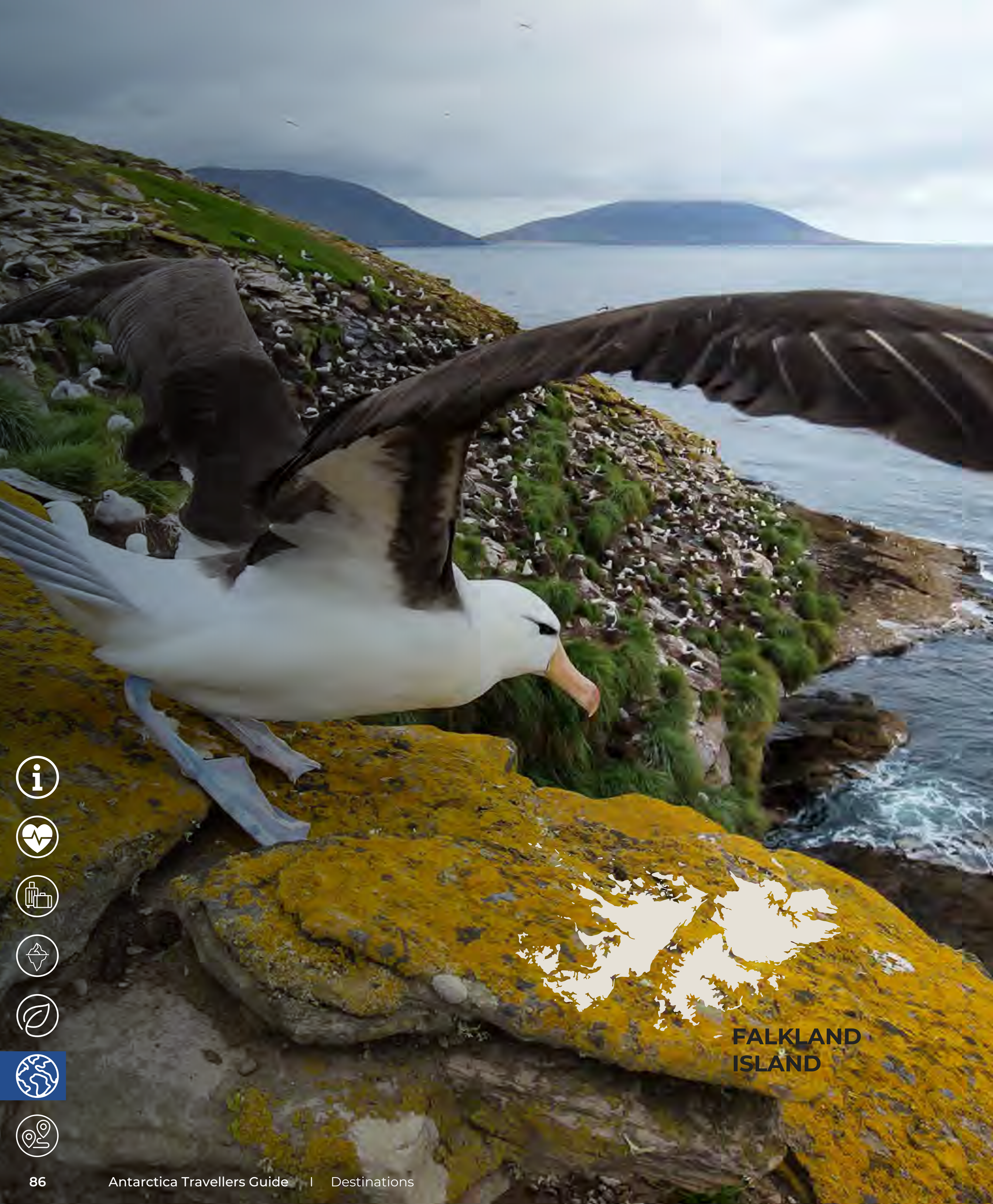


## HISTORY

- The island of South Georgia was first sighted by London merchant Antoine de la Roche in 1675.
- Captain James Cook circumnavigated the island and made the first landing in 1775, claiming South Georgia for the UK and naming it "Isle of Georgia" after King George III.
- Norwegian, Carl Anton Larsen, established the first land-based whaling station and first permanent habitation at Grytviken in 1904.
- The United Kingdom claimed sovereignty over the South Sandwich Islands in 1908.
- South Georgia was a base for whaling and sealing industries throughout the 20th century.
- In April 1916, Ernest Shackleton's Imperial Trans-Antarctic Expedition became stranded on Elephant Island, 1,300 kilometres southwest of South Georgia.
- On 10 May 1916, Shackleton and five of his men landed at King Haakon Bay in South Georgia, Shackleton, Crean and Worsely then trekked across the island to reach help at Stromness whaling station.
- Whaling and sealing operations ceased in the 1960's and the whaling stations were abandoned.
- The Argentine claim over South Georgia contributed to the 1982 Falklands War, during which Argentine forces briefly occupied the island.
- The territory of "South Georgia and the South Sandwich Islands" was formed in 1985.







# FALKLAND ISLANDS

## WHERE BIRDLIFE ABOUNDS

Head east for nearly 500 kilometres from South America's southern Patagonian coast and you will reach the remote, isolated and ruggedly beautiful archipelago of the Falkland Islands, with their rough windswept terrain, coastal wetlands, beautiful white sand beaches and dramatic rock faces set against stunning skies.

Comprising more than 750 islands in the South Atlantic Ocean, the Falkland Islands are a haven for wildlife - home to large colonies of Elephant seals and Fur seals, vast populations of Black-browed albatrosses and other abundant birdlife including five species of breeding penguin.

Surrounded by decades of controversy, the Falkland Islands (or Islas Malvinas as they are known in Argentina) have been settled and claimed by France, Spain, Britain and Argentina. Travelling to this region will give you an insight into the area's fascinating history and reveal some of the haunting relics and memorials of war.

This is a unique part of the world, one of the rare places on Earth where nature and man live in harmony.

FALKLAND ISLAND







## CLIMATE & WEATHER

The Falkland Islands experience a cool temperate Oceanic climate, regulated by the surrounding oceans and the winds.

Temperatures fluctuate within a narrow range, from a minimum of  $-5^{\circ}\text{C}$  (July) to a maximum of  $24^{\circ}\text{C}$  (January). Average monthly temperatures range from around  $9^{\circ}\text{C}$  in summer (January & February) to around  $2^{\circ}\text{C}$  in winter (June & July). The mean annual temperature is around  $5.6^{\circ}\text{C}$ .

Rainfall is comparatively low and constant throughout the year with the western side of the archipelago, shielded by the Andes, being drier than the eastern side.

Port Stanley receives over 600 millimetres of rain annually whereas Westpoint receives just over 400 millimetres.

Conditions are often windy due to the location of the Falklands in the latitudes of the south-westerly “Roaring Forties” winds. The islands are hit by westerly winds with gales frequent during the winter months.

The best time to take a Falkland Islands Antarctica expedition is during the Austral summer, between October and April.

November to February are the optimum months within this timeframe, as this is the warmest time of the year and when wildlife activity is at its peak. Although temperatures range between  $5^{\circ}\text{C}$  and  $10^{\circ}\text{C}$ , conditions are often windy.

Later in the season in March and April, the Magellanic penguins congregate on the beaches, preparing for their long journeys overseas.

October and November are the best months to see Elephant seal pups. For a taste of local culture, important events on the calendar include the May Ball and Liberation Day (14 June).

## GEOGRAPHY

The Falkland Islands are situated in the South Atlantic Ocean, 483 kilometres from the South American mainland and 1,365 kilometres north of the Antarctic Circle, midway between Argentina and South Africa.

They are an archipelago consisting of two main islands (East and West Falkland) and over 750 smaller islands. The islands cover an area of approximately 12,000 square kilometres, with East and West Falkland accounting for over 90 percent of the land area.

East and West Falkland are separated by the Falkland Sound. This channel has an average width of 20 kilometres. The main islands are generally hilly, with low-lying undulating terrain in the south of East Falkland.

The highest point is Mount Usborne on East Island at 705 metres. West Falkland’s highest point is Mount Adam at 700 metres. The distance from Stanley, on the extreme east, to New Island, on the extreme west, is 238 kilometres.





# GATEWAY CITIES

ARGENTINA

PATAGONIA

Ushuaia

## Ushuaia

### At the End of the World

Ushuaia is the southernmost city in the world with a dramatic setting looking out to the Beagle Channel, shrouded by mountains.

As it's the port providing the fastest and most direct access to the Antarctic Peninsula, Ushuaia is also very likely where your Antarctic expedition will begin!

But Ushuaia is more than just a stopping-off point. It is a great place to spend an extra day or two exploring the end of the world.

Famed Portuguese explorer Magellan called this area 'Tierra del Fuego' for the many fires he saw burning along the bottom tip of the South American coast in 1520. These days, it's the fiery sunsets that give the name enduring relevance.

### TOP ATTRACTIONS

1. Museo Marítimo y del Presidio de Ushuaia (Maritime & Prison of Ushuaia Museum)
2. Tierra del Fuego National Park
3. Fin del Mundo Train (End of the World Train)





## HIGHLIGHTS

### Museo Marítimo y del Presidio de Ushuaia

The Museo Marítimo y del Presidio de Ushuaia (Maritime & Prison of Ushuaia Museum) is well worth a visit.

Located in the former prison of Ushuaia, the prison buildings now house four museums - the Maritime Museum, the Prison Museum, the Antarctic Museum and the Marine Museum of Art.

The buildings date back to 1906 when convicts were transferred from Isla de los Estados to Ushuaia to build this national prison.

Construction was completed in 1920 and

the cells which were designed for 380 inmates, held up to 800 prisoners before closing in 1947.

### Tierra del Fuego National Park

Tierra del Fuego National Park, a short bus ride from Ushuaia, was the first shoreline National Park to be established in Argentina. It is a rugged, mountainous park with great views of Lapataia Bay and dramatic scenery with waterfalls, mountains, glaciers and lakes including parts of Fagnano and Roca Lakes.

There are many hiking trails within the park including the Coastal Path (Senda Costera) that connects Ensenada Bay to Lapataia Bay on Lago Roca. The park is home to many species of animals including the guanaco, Andean fox, North American beaver, European rabbit and muskrat. There are also many species of birds including the torrent duck, kelp goose, austral parakeet, Andean condor and the magellanic oystercatcher.

### The Fin del Mundo Train

The Fin del Mundo Train (End of the World Train) is a steam train that runs from Ushuaia to Tierra del Fuego National Park, providing an alternative way to get to the park.

The Beagle Channel's inlets and islets also host colonies of marine birds and mammals that can be visited on boat trips from Ushuaia.

## CLIMATE & WEATHER

Ushuaia has a subpolar oceanic climate with short, cool summers and long, wet, moderately mild winters.

Temperatures rarely exceed 14°C in the summer and average 0°C in the winter months. Snowfall can occur even in summer.

## TRANSFER IN BUENOS AIRES

### For domestic flights to Ushuaia

If transferring directly from Ezeiza (EZE) International airport to Aeroparque Jorge Newbery City airport (AEP), book the official taxi from 'Manual Tienda Leon' or Transfer Express'.

Right after customs there is a counter from 'Manuel Tienda Leon' and 'Transfer Express' and payment can be made there. These taxis are safe. Do not take a taxi from one of the many drivers offering taxis verbally. Only take a taxi after booking and paying at the desk.





## USEFUL INFORMATION

### HIRING ANTARCTIC GEAR

#### WIND FLY USHUAIA

Address: Los Ñires 2466, corner of Avenida San Martín, Ushuaia  
Telephone: +54 92901 515158  
E-mail: [rental.windfly@gmail.com](mailto:rental.windfly@gmail.com)  
Website: [www.windflyushuaia.com.ar](http://www.windflyushuaia.com.ar)

#### USHUAIA EXTREMO

Address: Avenida San Martín 830, corner 9 de Julio, Ushuaia  
Telephone: +54 2901 434373  
E-mail: [ushuaiaextremorental@gmail.com](mailto:ushuaiaextremorental@gmail.com)  
Website: <https://www.ushuaiaextremo.com/es/rental/>  
Hours: Mon to Sat 9.00am - 1.00pm and 5.00pm - 9.00pm  
Sunday closed

### POST OFFICE

Address: Corner Avenida San Martín and Godoy  
Hours: Mon to Fri 9.00am - 4.00pm

### EXCHANGE BUREAU & BANKS

#### JUPITER CASA DE CAMBIO

Address: Pres. Bernardino Rivadavia 176, Ushuaia  
Hours: Mon to Sun 10:00am - 6:00pm

#### HSBC BANK

Address: corner of Av. San Martín and Julio Argentino Roca  
Hours: Mon to Fri 8.00am - 1.00pm

#### BBVA Branco Francs

Address: 65 Avenida Maipu  
Hours: Mon to Fri 8.00am - 1.00pm

#### BANCO TIERRA DEL FUEGO

Address: Av. San Martín 396  
Hours: Mon to Fri 8.00am - 1.00pm

#### Please note:

Opening hours above may be subject to change. A passport is required for money exchange at the banks and exchange bureau.

### TOURIST INFORMATION OFFICE

Address: Av. Prefectura Naval Argentina 470  
Telephone: +54 2901 432001  
WhatsApp: +54 (9) 2901 535070  
Website: [www.turismoushuaia.com](http://www.turismoushuaia.com)  
Hours: Mon to Fri 8.30am - 8.30pm  
Sat & Sun 9.00am - 8.00pm

### TOURIST PIER

Hours: Daily 9.00am - 6.00pm

### MUSEO DEL FIN DEL MUNDO

Address: Corner of Avenida Maipu and Avenida Rivadavia  
Hours: Mon to Fri 10.00am - 7.00pm  
Sat 1.00pm - 7.00pm  
Sunday closed

### MUSEO MARITIMO Y DEL PRESIDIO DE USHUAIA

Address: Yaganes St. corner with Gobernador Paz.  
Website: [www.museomaritimo.com](http://www.museomaritimo.com)  
Hours: Daily noon - 8.00pm

### SHOPS

Most shops are open Monday to Saturday from 9:30am to 12:30pm and from 3:30/4.00pm to 8.30/9.00pm