



# *Voyage Essentials* Polar Regions

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## Prepare for your expedition to the polar regions

Thank you for choosing Aurora Expeditions for your voyage of a lifetime!

This document is designed to answer your questions about travelling to the polar regions, and provide you with detailed information on what to expect from your upcoming expedition. We recommend you read it carefully to prepare yourself for your voyage.

If you have any questions please do not hesitate to ask our Expedition Experts.

## Voyage Documentation

In an effort to reduce paper consumption, your voyage documentation is available in digital format. Documents include:

- Voyage Essentials
- Pre-Departure Information Guides
- Trip Notes
- Destination Primer



## What to Pack

### Dressing in the Polar Regions

Your choice of clothing during the voyage will largely depend on your tolerance to cold climates.

Polar temperatures in summer are similar to most ski fields in winter. If you are a skier, your ski clothing will be perfectly adequate; as long as it is thoroughly waterproof. Under your waterproof layer, you will need between two to four insulation layers depending on the day. For example, thermal underwear, jumper, polar fleece and waterproof jacket and/or Aurora Expeditions waterproof 3-in-1 jacket provided.

### Onboard Attire

Our vessels are air-conditioned and the temperature on board is generally between 15°C (59°F) and 25°C (77°F). When on board, dress is informal. Normal clothing usually consists of jeans or casual trousers, and light long-sleeve T-shirts or jumpers. Lightweight walking shoes with good grip are ideal to wear on board the ship and on the outer decks.

### Complimentary Polar Expedition Jacket

Each passenger will receive their very own Aurora Expeditions' waterproof polar jacket to use during your voyage.

The 3-in-1 jacket is designed to be worn over your essential base layers and provides a versatile layering system suitable for the conditions to be encountered on our polar expeditions. Both pieces offer sophisticated expedition styling and have been customised exclusively for Aurora Expeditions, complete with an included 'drop seat' design on the back of the jacket, allowing for additional comfort when sitting in Zodiacs.

Your jacket will be ready and waiting for you in your cabin when you board for your expedition.

Please note: Jackets are unisex and are designed to be an over-sized fit to allow for easy movement and layering underneath.







### The Layer Principle

The layer principle has been proven to demonstrate that wearing several light layers of clothing is recommended over wearing one heavy layer. Between each layer there is trapped air which when heated by your body acts as an excellent insulator. See information below.

#### Layer 1: The Thermal Layer

**Function:** Regulation

**Description:** Fast-drying, rapid transport of moisture away from the body, forwarding to the next layer. e.g. Thermal underwear.

#### Layer 2: Insulation Layer

**Function:** Insulation

**Description:** Warming layer for cold temperatures. e.g. Fleece or down jacket

#### Layer 3: Waterproof / Protection Layer

**Function:** Protection

**Description:** Provides reliable protection from wind and water. e.g. Hard-shell jacket.

### Tips for an effective layering system

- Several thin layers work better than one thick layer.
- Avoid tight clothing since it leaves no room for trapped air. Wool and silk are superior to cotton because they can trap warm air.
- The important layer is the outer waterproof and windproof shell. A small wind of six kilometres per hour can carry away eight times more body heat than still air!
- Being wet accelerates the loss of body heat. If your skin or clothing gets wet, your body will lose heat much more rapidly. Even at 10°C (50°F) you can suffer ill effects of cold if you are wet. Avoid over dressing as this leads to perspiration; and in wet weather, wear waterproof outer garments that will keep you dry on the outside but still 'breathe' enough so that moisture from your body can escape.
- Body heat is most likely to be lost from your head, hands and feet so they need to be kept warm and dry. Even if the rest of your body is covered, as much as 90% of the heat you lose is from your head, so be sure to wear a beanie, woollen hat or something similar to keep your head warm.



Don't forget a pair of binoculars for spotting wildlife from the ship.



Ensure your camera is fully charged and you pack chargers and accessories



## Polar Packing Checklist

You will receive a complimentary Aurora Expeditions polar expedition jacket at the start of your expedition. However, you are welcome to bring and wear your own jacket if you wish. We offer complimentary loan of Muck boots during the voyage. We recommend that if you have difficult sizing requirements to please speak with our expedition experts prior to your voyage to ensure we can accommodate your needs.

**Waterproof Trousers:** A light pair of waterproof nylon trousers is critical for keeping you warm in wind, and dry on the Zodiac.

**Polar Fleece Jacket:** A 200-300 weight fleece is ideal, or another warm jumper would be suitable.

**Warm Trousers:** Ski, tracksuit or polar fleece pants are suitable to wear under your waterproof trousers. Jeans are not suitable to wear as an under layer.

**Thermal Underwear:** Medium to thick thermal underwear, leggings, long-sleeve shirt, and socks are essential. Polypropylene fibres are warmer when wet than silk or wool. 'Sportwool' – wool sprayed with synthetic is also ideal. We recommend singlets, three tops and two bottoms minimum.

**Woollen Jumper:** Ideal to wear as an added layer over your polypropylene thermals.

**Socks:** Bring a mixture of thick and thin socks to test for the best combination to keep your feet warm.

**Gloves & Mittens:** A pair of polypropylene or woollen

gloves covered with a waterproof glove such as ski gloves or industrial fleece-lined rubber gloves. We recommend you take two pairs.

**Headwear:** Please bring your preferred choice of headwear to keep your head warm. We recommend a beanie or a cap with earflaps. A neck warmer or scarf is also essential for protecting your neck and face.

**Sunglasses/Ski Goggles:** Are essential to protect your eyes from the UV rays. We recommend you take two pairs of sunglasses in case of breakage or if a pair is misplaced, and attach sunglass strings to keep them secure. Ski goggles are useful if you have them but are not essential.

**Footwear:** Warm comfortable shoes for onboard the ship. Make sure they have good grip for the outside decks. Slip on shoes or moccasins are ideal for indoors. For health and safety reasons, please wear enclosed shoes in public areas while onboard the ship.

We recommend you bring comfortable, sturdy walking / hiking shoes to wear on shore excursions to national parks and walking tours to local towns and villages.

**Fly/Sail & Fly/Fly Voyages:** If your voyage commences with a charter flight from Punta Arenas to Antarctica, it is important that you have a waterproof/windproof jacket to get to the ship after disembarking the flight in King George Island.





## Other recommended items

- Waterproof daypack for landings
- Dry bag or plastic bag for camera
- Binoculars: to get the most out of the incredible wildlife-viewing opportunities during the voyage. Please bring your own binoculars. You are welcome to use Aurora Expeditions' supply of binoculars on board the ship, but they are limited to use on the Observation Deck
- Camera and accessories
- Spare batteries and memory cards for camera
- We suggest you bring a laptop for image processing; there are limited public computers to use
- External hard drive for storing downloaded images and other data
- USB stick to share photos with fellow passengers
- Collapsible hiking poles, depending on individual needs
- Sunscreen and chap stick
- Moisturiser for wind and / or sunburn
- Glasses cord for prescription glasses and sunglasses
- Extra prescription glasses or contact lenses
- Ear plugs (especially if you are sharing a cabin)
- Sleep eye mask (great for plane travel and for ice camping)
- Watch – to keep track of landing return times
- Swimsuit (for sauna, jacuzzis/plunge pools and Polar Plunge)
- Double-adapter for multi-charging
- Personal toiletries (Bodywash, shampoo, conditioner, and handsoap is provided in each cabin and refilled throughout the voyage)
- Sea sickness medication
- Personal medication – we recommend carrying this in your hand luggage at all times
- Personal first aid kit. An onboard medical clinic is available whenever you need it
- Small flashlight
- Pocket-sized notebook and pen
- Pack of playing cards or other travel games



## Ship Information

### **The *Greg Mortimer***

Proudly named after Aurora Expeditions' adventurous co-founder, this 104-metre ship is our very first, purpose-built expedition vessel. Capable of negotiating the strongest winds and waves, the *Greg Mortimer* is built to world-class polar standards – designed in close consultation with our expedition specialists, taking advantage of our extensive experience of polar operations commencing in Antarctica in 1991.

### **Specifications**

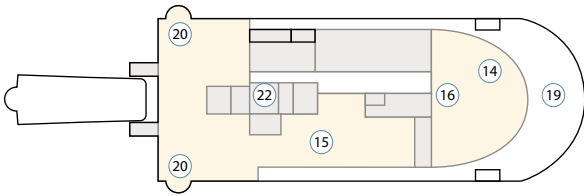
Built: China, 2018  
Length: 104.4m  
Breadth: 18.4m  
Draught: 5.3m  
Cruising Speed: 12 knots  
Average Passenger number: 130\*  
Expedition Team: 14 to 24  
Crew: 71 to 80  
Registered: Bahamas  
Class Ice: Class 1A, Ulstein X-BOW®  
Gross Registered Tonnage: 7400

\* For select activity-focused voyages, passenger limit may vary. Please refer to specific itineraries on the website for more information.

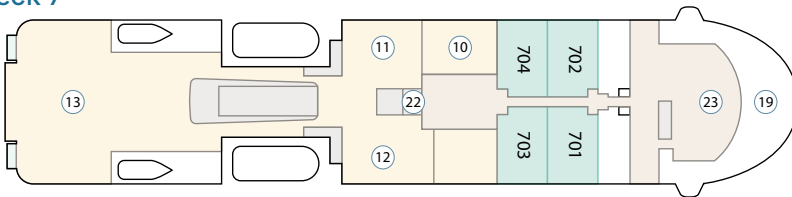


# Deck Plan: The Greg Mortimer

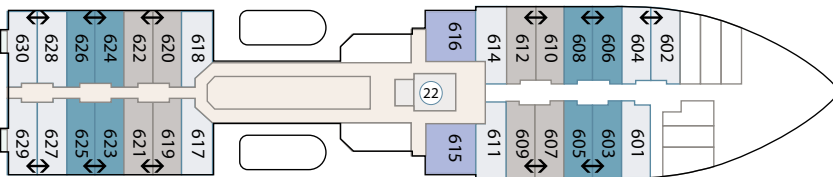
## Deck 8



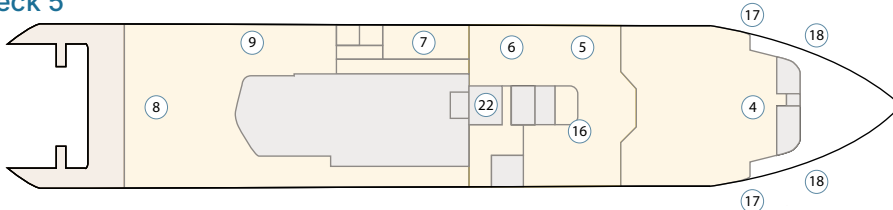
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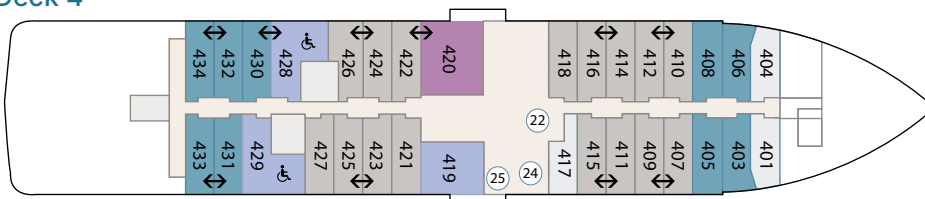
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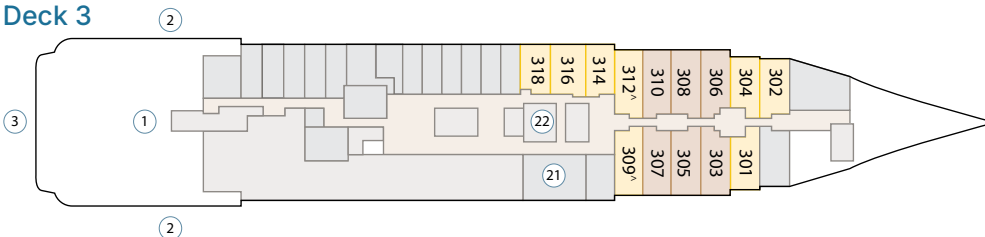
## Deck 5



## Deck 4



## Deck 3



### Cabin Category

- Aurora Stateroom Triple
- Aurora Stateroom Twin
- Balcony Stateroom – C
- Balcony Stateroom – B
- Balcony Stateroom – A
- Balcony Stateroom Superior (formerly Balcony Suite)
- Junior Suite
- Captain's Suite

### Ship Features

- ① Change room / mudroom
- ② Zodiac-loading platforms
- ③ Activity launching platform
- ④ Lecture room & lounge
- ⑤ Assembly station
- ⑥ Reception
- ⑦ Ship shop
- ⑧ Dining room
- ⑨ Optional private dining room#
- ⑩ Library
- ⑪ Gym
- ⑫ Wellness center / sauna
- ⑬ Sun deck
- ⑭ Observation lounge
- ⑮ Top deck
- ⑯ Bars
- ⑰ Viewing platforms
- ⑱ Hydraulic viewing platforms
- ⑲ Observation decks
- ⑳ Jacuzzis / plunge pools
- ㉑ Medical clinic
- ㉒ Elevator
- ㉓ Bridge
- ㉔ Main entrance
- ㉕ Expedition desk
- ♿ Disability accessible rooms

↔ Connecting staterooms and suites

^ Expedition Team cabins on selected voyages

# Open at the discretion of the Hotel Manager on selected voyages

Deck plan is subject to change.





## Ship Features: The *Greg Mortimer*

- Highly qualified and experienced international crew with vast experience, particularly in ice operations and navigation in the polar regions.
- Our expedition team made up of expedition leaders, naturalists, historians, geologists and glaciologists are some of the world's best.
- Ulstein X-BOW® hull, designed to offer faster and more comfortable travel enabling the ship to pierce through waves and maintain speed of travel, lower fuel consumption and reduced air pollution emissions.
- Air-conditioned cabins with private facilities. All cabins feature twin or king bedding configuration and private bathroom. 80% of cabins include a private balcony and over over 40 cabins interconnect. Some cabins feature three single beds to accommodate triple share.
- Purpose-built activities preparation areas including four Zodiac launching platforms for fast and safe transition off the ship as you embark on multiple daily excursions.
- Observation lounge and viewing platforms offer spectacular panoramic views of scenery and wildlife.
- State-of-the-art lecture room, two jacuzzis/plunge pools, library, gym, wellness centre and more!
- The ship has a small, well equipped medical clinic designed to provide initial care for most medical illnesses and injuries.



## Ship Information

### The *Sylvia Earle*

Our second purpose-built expedition vessel honours the highly accomplished marine biologist, oceanographer and explorer, Dr Sylvia Earle.

As the first woman to become chief scientist of the U.S. National Oceanic and Atmospheric Administration, and named by Time Magazine as its first “Hero for the Planet” in 1998 – this vessel pays tribute to Dr Earle’s long-standing conservation efforts for marine protected areas and ocean wildlife.

### Specifications

Built: China, 2021

Length: 104.4m

Breadth: 18.4m

Draught: 5.1m

Cruising Speed: 12 knots

Average Passenger number: 130\*

Expedition Team: 13 to 23

Crew: 71 to 80

Registered: Nassau, BS

Class Ice: Class 1A, Ulstein X-BOW®

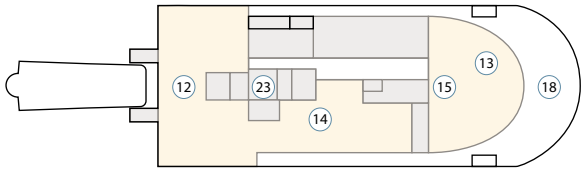
Gross Registered Tonnage: 8500

\* For select activity-focused voyages, passenger limit may vary. Please refer to specific itineraries on the website for more information.

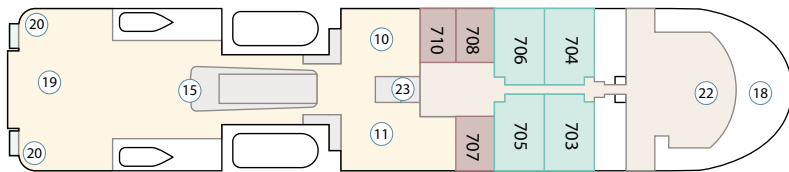


# Deck Plan: The *Sylvia Earle*

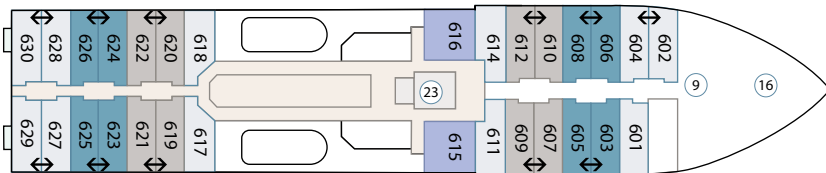
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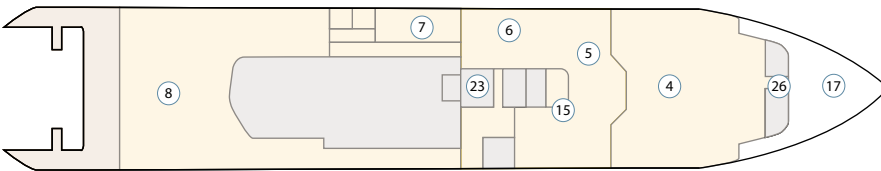
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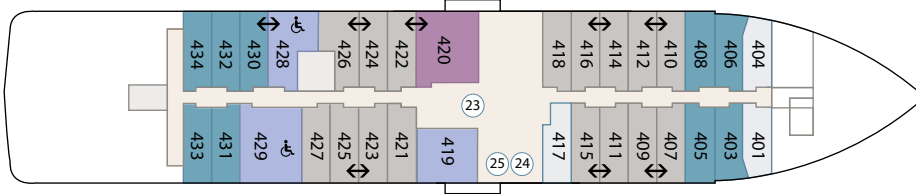
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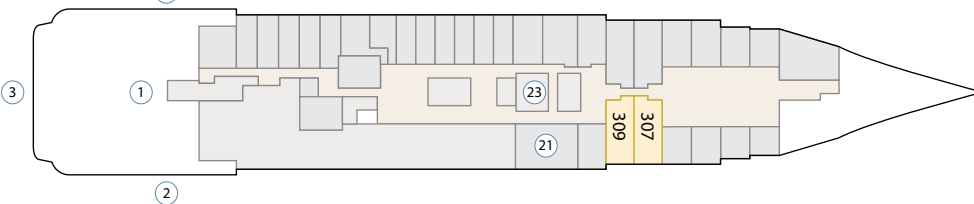
## Deck 5



## Deck 4



## Deck 3



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- ⑧ Dining room
- ⑨ Library
- ⑩ Gym
- ⑪ Wellness center / sauna
- ⑫ Seating area
- ⑬ Observation lounge
- ⑭ Top deck restaurant
- ⑮ Bar
- ⑯ Upper glass atrium lounge
- ⑰ Lower glass atrium lounge
- ⑱ Swimming pool and sun deck
- ⑳ Jacuzzis / plunge pools
- ㉑ Medical clinic
- ㉒ Bridge
- ㉓ Elevator
- ㉔ Main entrance
- ㉕ Expedition desk
- ㉖ Science center
- ♿ Disability accessible rooms

↔ Connecting staterooms and suites  
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## Ship Features: The *Sylvia Earle*

- Highly qualified and experienced international crew with vast experience, particularly in ice operations and navigation in the polar regions.
- Our expedition team made up of expedition leaders, naturalists, historians, geologists and glaciologists are some of the world's best.
- The Ulstein X-BOW® hull allows the ship to pierce through waves to maintain speed of travel thus offering faster, more comfortable travel, lower fuel consumption and reduced emissions.
- All cabins feature twin or king bedding configuration and private bathrooms. 97% of cabins include a private balcony. Over 20 interconnecting Balcony Staterooms. 60% of cabins can accommodate a third person (triple share on request).
- Observation lounge and viewing platforms offer spectacular panoramic views of scenery and wildlife.
- Purpose-built activity preparation areas including four Zodiac-launching platforms for fast and safe transition off the ship as you embark on multiple daily excursions.
- State-of-the-art lecture room, science centre and library. In between landings, enjoy our heated saltwater open air swimming pool and jacuzzis or experience our gym & sauna.
- With huge windows and superb views to the front of the ship, the library or the atrium lounge is the perfect place to sit with a drink and watch for wildlife or admire impressive scenery.





## Environmental Guidelines - Respect and Protect

Our main objective is to ensure that our expeditions are carried out with the utmost consideration for the fragile ecosystems, local cultures and cultural remains; while ensuring safe operations at sea and on land.

- Our expedition team have expertise and extensive experience in the destinations we visit. Please listen to and obey the instructions of our expedition team to ensure the safety of yourself, your fellow passengers, and the environment around you.
- Make note of Zodiac return times, to ensure others are not waiting for you.
- Life jackets are to be worn when you are on the Zodiac at ALL times.
- Wash your Muck boots before and after every landing to avoid spreading diseases. Please ensure your clothing is clear of any foreign seeds and soil before you board.
- Aurora Expeditions strictly enforce guidelines set by IAATO and AECO, requiring all passengers to keep a minimum of five metres away from all wildlife, including birds. This rule also applies when photographing animals. If an animal approaches you, you are required to retreat. Special care is needed when animals are breeding or moulting.
- In the Arctic, polar bears are potentially dangerous animals. It is of utmost importance that you follow our expedition team's instruction. Please do not stray from your group.
- Do not feed, touch or handle any of the wildlife. If you find an injured animal please advise an expedition team member.
- Please keep noise to a minimum to avoid disturbing and frightening the wildlife. This also makes for a more pleasant experience for fellow passengers.
- During our landings, please be aware of plant life. Look before walking and hiking, and avoid stepping on any vegetation, including moss beds or lichen-covered slopes. Do not pick any flowers or other plants. Even Antarctica has precious flora that is important to the region's ecosystem.
- Do not touch or remove any items on shore including rocks, bones, eggs, fossils, driftwood, artefacts and parts or contents of buildings.



- Do not walk onto glaciers or large snowfields without proper equipment and experience; there is a real danger of falling into hidden crevasses.
- NO food on shore (to avoid the spread of disease).
- Do not leave ANYTHING ashore – take all your litter with you. Be careful when using tissues as these can easily fall out of pockets and spread foreign disease amongst the wildlife.
- Please refrain from spitting ashore as this can also spread foreign diseases amongst wildlife.
- Use handkerchiefs or tissues to blow your nose and make sure you don't leave anything ashore.
- Aurora Expeditions has a strict no drones policy on board our expeditions. In remote wilderness areas visited on our voyages, the use of drones has a negative impact on local wildlife. Drones that malfunction can crash and pollute the pristine environment, injure wildlife, may not be retrieved and could possibly be consumed by and harm or injure wildlife. Please do not bring drones with you on an Aurora Expeditions voyage.
- Please be respectful of historic and cultural sites and monuments, or any artefacts associated with them. In some areas a zone of 100 metres around the remains is also considered a protected zone – our expedition team will advise you of any restrictions.
- Some areas may have ongoing scientific programs; these areas are strictly out of bounds. Do not interfere with or remove scientific equipment or marker posts, and do not disturb experimental study sites, field camps or supplies that we may come across.
- When on board do NOT throw anything overboard, including cigarette butts. Please use garbage bins provided.
- If your voyage is visiting any local communities, please remember that you are a guest. Respect the local people and their culture. Please ask before photographing any local people. Aurora Expeditions make every effort to ensure our visits are positive for these local communities by offering food, educational and general supplies.
- And remember – 'Take only pictures. Leave only footprints.'





## Health and Medical Information

All voyages operated by Aurora Expeditions are staffed by a doctor experienced in remote and expedition medicine. Our onboard medical clinic is well equipped to handle most medical illnesses or injuries that may occur.

Medical appointments with our onboard doctor are available free of charge for the initial consult. You will then be advised if costs are applicable for subsequent appointments. Any consultations related to those exhibiting symptoms of COVID-19 will be prioritised and onboard medical treatment will be free of charge.

As supplies are limited it is important you bring your own personal medical requirements (e.g. medication, dressing, etc) with you. We suggest you pack all medications in hand luggage and carry a duplicate supply in the checked luggage. If you wear prescription glasses or contacts, bring an extra pair.

### **Motion and sea-sickness**

Not everyone feels the affects of sea sickness. Some people are very lucky and don't feel a thing. Others can feel ill for a day or so, but a select few are more prone to the effects of not being on dry land. The good news is that seasickness can often be avoided if managed early, and it usually doesn't last more than a day or so.

A few simple remedies can help:

- Keep your eyes on the horizon.
- Facing in the direction of the travel helps some.
- Try not to change direction too often.
- Keep eating. Small amounts, regularly, is best.
- Try to remain hydrated by drinking plenty of water or perhaps soft drinks if you prefer. Please avoid alcohol while you're experiencing sea-sickness.
- Try to stay active and, if possible, get outside in the fresh air.
- Do not read if you are feeling unwell.

If all else fails, lie down with your eyes closed. Have dry crackers, or biscuits, a bottle of water, and whatever else you fancy, beside your bed.

### **What medication to bring**

The use of medication can help prevent or treat seasickness. Common medications include:

- Promethazine (Phenergan, Avomine)
- Hyoscine (Kwells, Travelcalm, scop patches)
- Meclizine (Antivert)
- Cinnarazine (Stugeron)
- Dimenhydrinate (Dramamine)

Most medications can cause sedation and dry mouth.



However, at low doses, this effect is often minimal.

Please note: Prochlorperazine (Stemetil) or Metoclopramide (Maxolon) are not effective for managing motion sickness.

### Alternative therapies

With years of trial and error, our passengers and staff have found that alternative therapies such as ginger tablets, pressure point or acupuncture bands are not effective on their own, particularly if the seas happen to be rough. We recommend you bring a supply of medication as a back up.

### When to take the medication

Generally, we recommend using some form of medication automatically for the first 24 to 36 hours, and then see how you feel. Most people usually get their 'sea legs' after this time. The tablets should be taken early rather than waiting until you feel very unwell, as by this stage, they are no longer well absorbed by the stomach. With the morning dose, take medication while still in your bed, and allow it to work (e.g. wait half an hour) before getting up.

### Sun protection

The sun in the polar regions is very strong and sun protection is essential. The glare from the snow and ice can be intense, even on overcast days. Regular application of sunscreen and lipscreen (minimum SPF50+) to exposed parts is essential to avoid sunburn.

A dab around the nostrils is also a great idea as burnt nostrils, from reflected UV radiation, are very painful! Sunglasses with a good UV protection rating are also essential to prevent eye irritation or snowblindness. Remember to attach a cord to your glasses to prevent loss – we recommend carrying a spare pair of glasses in your luggage, just in case.

### Dehydration and 'Polar Hands'

The atmosphere in the polar regions can be very dry, with low humidity, so it is important to drink enough water. Also, the skin on your hands in particular can get very dry and develop small cracks around the fingertips. We recommend bringing a small (35 g) tube of moisturiser to use when required.

### Immunisations

All travellers should be up-to-date on routine immunisations, including:

- Tetanus/diphtheria vaccine (ADT). You can now have a 'Boostrix' that also includes a whooping cough vaccination for adults.
- Influenza vaccine. This is available yearly and could help to prevent spoiling your holiday of a lifetime with a flu infection.

Please consult your General Practitioner for further information. If you are travelling to South America either before or after your Antarctic voyage, please check the advised immunisations for those countries.





## Frequently Asked Questions

### **How many people on the ship?**

In the polar regions, our vessels will take 100 landing passengers plus kayakers and divers with an average of 132-138 per voyage. If you are travelling with us in the polar regions, consider that as extra space for you to move around and enjoy the ship! We believe that small groups are the best way to experience our destinations.

### **When is the best time to go to Antarctica and the Arctic and how cold does it get?**

Our expeditions to the polar regions operate during the summer months in the Antarctic and Arctic. During the summer months in Antarctica (when we visit), the temperature can range from  $-2^{\circ}\text{C}$  ( $28^{\circ}\text{F}$ ) to  $8^{\circ}\text{C}$  ( $46^{\circ}\text{F}$ ). Big storms are rare, but if one comes through the temperature could drop to  $-8^{\circ}\text{C}$  ( $17^{\circ}\text{F}$ ). In the Arctic the temperature can range from  $-3^{\circ}\text{C}$  ( $26.6^{\circ}\text{F}$ ) to  $7^{\circ}\text{C}$  ( $44.6^{\circ}\text{F}$ ).

### **Where do your voyages start/finish and why?**

The start/finish points for Aurora Expeditions' voyages are carefully chosen for various reasons, including but not limited to: air or rail access, to allow expeditioners to participate in the voyage, ship pier for convenient and safe embarkation and

disembarkation, and sufficient tourism infrastructure such as hotels, restaurants, cultural attractions to cater for pre and post-voyage requirements.

### **What's the onboard currency?**

The onboard currency is US dollars. All your onboard purchases including bar, laundry and ship shop are charged to your shipboard account and settled by debit card, credit card or cash (US dollars only) at the end of the voyage.

**Important note** regarding payment of shipboard account: Please contact your local bank before embarking, and make sure you have listed the United States of America as a country that you'll be visiting. While you will not physically be visiting the U.S. during your voyage, onboard payments are charged in US Dollars from a financial institution in Miami. We want to ensure efficient service and ensure hassle-free settling of your onboard account.

Aurora Expeditions also does not automatically link your credit card details from your voyage payment towards your onboard account. A member of staff will therefore contact you during your voyage to help you register your preferred method of payments for onboard transactions.



### **How often do we get off the ship?**

We aim to get off the ship as often as possible to experience the destinations up close. Twice per day is common but more if weather, daylight hours allow. Duration of the landings vary from site to site but at the height of the peak season, cruise operators must stick to timings allocated by authorities.

### **What luggage allowance is permitted on your voyages?**

For sail-only voyages where a charter flight to or from Antarctica is not required, your luggage allowance is determined by the international airline on which you've travelled to participate in the voyage. However, Aurora Expeditions recommends that each expeditioner travel with no more than one large piece of luggage weighing 25 kilograms or less, plus one piece of hand luggage.

For voyages that include a charter flight on DAP Airways to or from Antarctica, 20 kilograms of check-in luggage plus one piece of carry-on luggage weighing no more than seven kilograms is permitted. The maximum dimensions for hand luggage on DAP charter flights are H: 45cm, W: 40 cm, D: 20 cm. Additional luggage limits do not apply

to expeditioners on our DAP charter flights to or from Antarctica, who are bringing personal equipment to participate in scuba diving or ski/snowboard touring as these are considered as technical equipment.

Some airlines such as Aerolineas Argentina have a 15 kilogram luggage allowance on their domestic flights, such as between Buenos Aires and Ushuaia, where many of our voyages embark/disembark. In cases like this you may need to pay for additional luggage allowance if you exceed the amount permitted by the airline.

For voyages outside of the Antarctic where charter flights are included as part of the voyage package, we will provide advice pertaining to the permitted luggage allowance specified by the charter airline used for the voyage.

### **How do we dry wet clothing?**

When arriving back from an outing, you will leave your Muck boots, hang up your jacket and any wet clothing in the mud room. There are no passenger laundry facilities for you to do your own washing, but there is a laundry service available on board. Prices are listed in your cabin. All cabins have a sink.





### What clothes do I take?

Shipboard clothing is informal and casual. Jeans, jumpers and long-sleeved shirts are ideal for indoors in the polar regions; however, be sure to keep your jacket close for unexpected wildlife sightings! Some people may choose to wear an elegant outfit for the Captain's Welcome and Farewell Dinner but formal clothing is not necessary. For health and safety reasons, please wear enclosed shoes in public areas while on board the ship. Muck boots are to be worn on all shore visits unless advised otherwise by the expedition team.

Please refer to the 'What to Pack' section of this document for our recommendations.

### What is not included in the price of the voyage?

Items that are generally not covered in the cost of the voyage include:

- Flights to and from your voyage (unless specified)
- Passport visa and travel vaccination charges
- Travel insurance or emergency evacuation charges
- Alcoholic drinks from the bar outside of dinner service
- Optional activity surcharges
- Optional excursions not included in the itinerary
- Ship shop items
- Laundry costs

- Other items of personal nature

All onboard expenses will be kept on your personal shipboard account throughout the voyage. Your hotel staff will provide you with an invoice of all your expenses in USD at the end of your voyage. Your account is settled by credit card (Visa, Mastercard, American Express, Diners or Discover) or in cash (US dollars only).

### Do you charge a single supplement for solo travellers?

We welcome solo travellers, and their numbers are increasing each year. To support our solo travellers, we've developed our informal 'happy to share' service that matches solo travellers with a cabin mate of the same gender, which allows them to avoid paying the single supplement surcharge. For solo travellers wanting guaranteed sole use of a cabin, a single supplement surcharge applies. Speak to us or your travel agent about solo traveller special offers available on selected voyages.

### Do I need travel insurance?

Travel insurance, including medical evacuation cover, is mandatory for all Aurora Expeditions' voyages. We advise you have insurance for voyage cancellation to ensure you will be covered financially if you are forced to cancel your voyage due to circumstances beyond your control. Please carefully read the General Terms & Conditions on your booking form.



### **Are gratuities included? How much should I tip?**

A \$15 USD per person per day gratuity for the crew is automatically added to your onboard account. It is at your discretion if you would like to remove the tip (or adjust the amount) when you settle your bill. It is not necessary to tip the expedition team members. This gratuity amount is included for suites as part of their 'Suite Benefits'.

### **Should I bring along my own walking poles?**

A limited amount of walking poles are available on board. If you have your own poles or require them to walk on uneven ground, we recommend that you bring your own. Some of our landings can be on slippery rocks or deep snow, and we may go for extended walks to see different parts of our landing point. We recommend the telescopic poles, with the optional snow-basket tips for polar voyages. You can purchase these poles in most outdoor stores.

### **Do you have facilities on board to download digital images from my camera?**

Our vessels feature a library with two laptops that all passengers can use during the voyage. We also advise you to bring a USB for photo sharing on board as Aurora Expeditions is unable to distribute passengers' images post voyage.

### **What is the electrical supply on board? Do I need a converter?**

The electrical supply on board our vessels is 220 volts, 60 hertz. Please bring a converter if your devices use 110 volts. International electrical sockets are available in your cabin and throughout the ship. If you have many devices it is advised you bring a multi power board.



### **Is there Internet, email or telephone access on board?**

Wireless internet connection is available free of charge on board our vessels (subject to change). The speed and reliability of the connection may vary given the remote locations we visit. In case of an emergency, our expedition team can facilitate communication with your family members if necessary. A phonecard that allows you to make calls from the phone in your cabin is available for purchase from reception.

### **Do you cater for special meal requests?**

Yes, we can accommodate most special meal requests if given advance notice. All meals include vegetarian options and our chefs can tailor to expeditioners with specific food intolerances such as gluten intolerance. Please ensure you list any dietary requirements on your online expedition check-in. Although we aim to accommodate most dietary requirements, we are unable to cater to all requirements such as kosher or halal, nor can we guarantee that our onboard meals do not contain traces of peanuts or other nuts. Please contact us to enquire about your specific needs.





### **What if I need to go to the toilet when ashore?**

Generally, we ask you to relieve yourself on board before going on a landing and if the necessity arises ashore you will be driven back to the ship.

### **Do you provide toiletries on board?**

Bodywash, shampoo, conditioner and handsoap is included in each cabin and refilled throughout the voyage. Please bring your own personal toiletries if you have individual requirements such as skin conditions.

### **How fit do I need to be?**

To make the most of our voyages, you should be in good general health and able to walk reasonable distances, sometimes over steep, slippery and uneven terrain. However, if you have problems walking on rough ground, you can enjoy the scenery closer to shore. Should you have any physical limitations please notify us well in advance of your departure, but this should not discourage you from participating.

### **What sort of money should I take and how much?**

We recommend that you take US Dollars to exchange in your arrival city. However, you can withdraw money from Automatic Teller or Cash Machines at most international airports.

### **Smoking Policy**

Smoking is permitted in designated areas on the ship's outer decks only. Smoking inside the ship including on your cabin balcony is strictly prohibited. Smoking when off the ship is strictly forbidden – not in Zodiacs, kayaks, nor on shore. Please do not throw cigarette butts overboard, but dispose of them in the ashtrays provided.

### **Are there hairdryers on board?**

Yes, a hairdryer is available in each cabin.

### **Will I get seasick?**

Many people ask us if they will get seasick. It is a very difficult question to answer because it depends

so much on the individual. Our experience is that a small percentage of people are seasick on any trip and most of these people are fine after a day or so at sea. If you feel that you are particularly susceptible to seasickness then it is a good idea to talk to your doctor. Come prepared with motion sickness tablets and follow the tips in this booklet. There will be a doctor on board to assist with any bouts of seasickness.

### **Will I see a polar bear in the Arctic?**

As with all wild animals, we cannot guarantee you will see polar bears. However, the time of year when we visit the Arctic is when bear numbers are at their peak, and our experienced expedition team members and crew are aware of the bears' habitats and are trained (and have a talent) to spot these marvellous creatures in the wild.

### **Can I swim or snorkel in the polar regions?**

Although you cannot swim in Antarctica or the Arctic, most of our voyages stop for a 'Polar Plunge', where willing passengers can take the ultimate dip into the icy polar waters. Snorkelling and scuba diving is available on selected voyages. Please refer to our website or contact Aurora Expeditions or your travel agent for more information. You must be a competent swimmer who can swim up to 50 metres or 50 yards with no pre-existing heart/cardiovascular conditions to participate in the Polar Plunge activity.

### **Can I ski or snowboard in Antarctica or the Arctic?**

Yes, ski or snowboard touring is available on selected voyages to the Antarctic. For experienced participants this is a chance to take on some of the world's most incredible slopes. Experienced skiers will enjoy full days to traverse across remote, snow-capped peaks to descend into pristine bays filled with floating bergs, penguin rookeries or even a breaching whale! Those interested in a multi-day ski adventure can opt to attempt Shackleton's route across South Georgia. Ski Touring is not available in the Arctic. There are no ski lifts in Antarctica.





For more information please contact your travel agent, or Aurora Expeditions:

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